Gift subscription offer inside

630.5 C23

Volume 27, No.11, November 1995

CAROLINA COUNTRY

Official publication of Carolina Electric Cooperatives

In the land of cotton

A Carolina Country feast

UNIVERSITY OF N C AT CHAPEL HILL
WILSON LIBRARY C B 3930
CHAPEL HILL NC 27599

An Important Announcement for North Carolina Homeowners With Equity . . .

What would you do with an extra $300 to $1000 per month?

How to Get a Fast Mortgage Loan to Pay Off All Your Bills***

(Even if You've Been Turned Down by a Bank or Mortgage Company)

Franklin, North Carolina - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was 5 years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 by 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was a year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time they got behind on everything.

No Easter Dresses

They were so strapped for money in spring, they couldn't even afford new dresses for Emily and Katie for Easter. Sure they finally caught it all up when Ray went back to work, but it took them two years and by that time it had hurt their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills were paid.

"I Hit A Brick Wall!"

After they got all caught up they tried again to borrow the money for the addition. First they got turned down by the local bank then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself or Becky and the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was $358 lower than he had been making. That saved him a whopping $4296 per year TAX FREE. In the first year, that was enough money to close in the back porch AND enough left over for new bikes for the kids.

***Subject to Qualification*

Harvest Can Get Loans From Loan Sources You Don't Even Know Exist!

> "When we needed money to consolidate our debts and pay off some old bills, Harvest Mortgage was there when we needed them. We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost $400 per month. This has reduced our stress which has made our lives much better."
>
> *Billy and Judy S.*
> *Columbus*

Recent Loans Include:

- ✔ A $78,000 loan to a couple in Sugar Grove, North Carolina that saved them $800 per month in payments. They will save over $29,000 in the next 3 years.
- ✔ A $95,000 loan to a homeowner in Western North Carolina who was on permanent disability .
- ✔ A $35,000 loan to a homeowner near Asheville to complete construction of his home (The borrower couldn't verify his income with tax returns.)
- ✔ A $95,000 loan that consolidated the homeowner's mortgage and all the rest of his bills into one monthly payment that saved him over $8,100 per year and a whopping $124,000 over the loan period.

Home Equity Is the Key

Harvest officials report that the single most important key to their ability to find a loan is whether or not you have enough equity in the property. "Say you have a home valued at $80,000 with no more than $48,000 in total mortgage, including any 1st and 2nd mortgages. Then you are a good candidate for one of the many loan programs we offer," says Senior Loan officer Janet Kivi in an interview last week. "In other words, "says Kivi," if you have a minimum of 20% equity or more there's a good chance we can help you either save a lot of money every month by combining old bills and your old mortgage into one newer and much lower payment. Or we can help you get cash money out of your home or investment property to use to buy a vacation house, start a business, whatever."

No Ivory Towers

"When you apply for a loan at Harvest Mortgage, your loan request is reviewed and decided upon by the people right in our offices," says one Harvest executive. He added "Since we are direct lenders, we don't send the information to some guys off somewhere in New York or California. We review and approve loans right here in town locally."

Fast Approval and Closing

That means we can get your loan closed in a matter of days, and you never have to go out o your living room until you're ready to close."

Loans for Purchase or Refinance

Harvest Mortgage officials report that whether you are buying or refinancing a house, or just looking to consolidate some bills or get cash out of your property, they have credit program that give you the money you're looking for. Different loan programs include:

- ✔ Loans to Borrowers with good credit with most competitive rates in the country. Thes are available for purchasing a new home or refinancing.
- ✔ Loans to borrowers with a lot of equity homeowners who have slow credit or have even been bankrupt.
- ✔ Cash out loans for investment property wit a lot of equity.
- ✔ Loans for borrowers who want to do additions or remodel their homes.

Check This Out for Free

To see how much money you may be able to get and exactly how much your payments would be, you can check it out by just pickin up the phone and calling us. Be sure to ask fo Mike George at **1-800-972-LEND (5363)**. Or for a FREE report on how Harvest Mortgage can work for you, call toll-free **1-800-876-34** for a 24-hour recorded message. All of this doesn't cost you a dime, so you owe it to you self to find out for yourself. Don't put this of Do it now while you're thinking about it! You've got nothing to lose and everything to gain!

Harvest Mortgage Company In
Mortgage Bankers
North Carolina Licensed Lender

1-800-972-LEND
(5363)

CAROLINA COUNTRY
(ISSN 0008-6746)
Read monthly in more than 350,000 homes
Volume 27, No. 11, November 1995

Official Publication
Carolina Electric Cooperatives

Corolino Electric Cooperotives is the network of electric cooperative orgonizotions thot provides reliable, safe ond offordable electric service to 650,000 homes, farms ond businesses in North Corolino. At the heort of Corolina Electric Cooperatives ore the stote's 28 electric cooperotives, eoch member-owned, not-for-profit and overseen by o board of directors elected by he membership.

Manager, Corporate Communications
Jay Johnson

Editor
Michael E.C. Gery

Special Projects Editor
Owen Bishop

Business/Advertising Coordinator
Monica Russell

Graphic Designer/Artist
Katherine Fowler

Staff Writer
Kim Whorton

Advertising Sales
Jennifer Boedart Hoey

Member
Audit Bureau of Circulations

Carolina Country ® is published by the North Caralino sociotion af Electric Cooperotives, Inc., the trade arganizan of Caralina Electric Cooperotives. Secand closs postage id ot Raleigh, N.C., and additionol mailing offices. Editorial fices: P.O. Box 27306, Raleigh, N.C. 27611. Phone: (800) 2-8835, ext. 310. Corolino Country is o registered tradeark of the North Carolina Association af Electric operatives, Inc.

Postmoster: Send form 3579 to P.O. Box 27306, leigh, N.C. 27611.

Individuol subscriptions, $6 per yeor.

To change oddress, send mogozine moiling lobel. dress oll mail to Coralina Country, P.O. 8ox 27306, eigh,N.C. 27611.

Printed on recycled paper

PRINTED WITH SOY INK

ertising published in Carolino Country is occepted on the mise thot the merchondise and services offered are acculy described ond willingly sold to customers ot the adverd price. The magozine, North Corolina Association of Electric perotives, Inc., and the member cooperatives do not necrily endorse the products or services odvertised. Advertising does not conform to these standards or that is deceptive or eoding is never knowingly accepted. Shauld you encounter ertising that does nat comply with these standards, please rm Corolino Country at P.O. 8ox 27306, Raleigh, NC 27611.) 713-1310.

Volume 27, No. 11, November 1995

CAROLINA COUNTRY

Page 8

Page 12

On the Cover

James Thigpen operates the module builder for the Boyette cotton harvest in Pitt County. Photography by Jerry Markatos.

FEATURES

The Global Climate Challenge 6
North Carolina's electric cooperatives have responded to the U.S. Department of Energy's national challenge to reduce carbon dioxide emissions.

Home for the Holidays 8
Ideas for planning a feast from the Carolina countryside. Nothing could be finer.

In the Land of Cotton 12
Twenty years ago, the Tar Heel cotton crop was shrinking. This year's yield will be the highest since 1928. The natural king has returned.

DEPARTMENTS

Letters and Comments 4
Terry Ryan extends gratitude to those who make goodness grow in North Carolina . . . Watauga County elk pose for pin-ups . . . The humorous side of an electric cooperative's attorney.

Making Cents of Your Electric Bill 15
Check for leaky ductwork.

Here, There & Everywhere 22
November events and Christmas shops.

Marketplace 24-25
A monthly showcase of goods and services.

Hank's Gardening Guide 26
How to harvest pecans.

Classifieds 27

Journal 28
Helen Hendrix Carlton remembers Beaufort.

Country Kitchen 30
Pumpkin-Date Bread.

Letters and Comments

What Do You Think?

Mail: P.O. Box 27306
Raleigh, NC 27611
Phone: (800) 662-8835, ext. 367
Fax: (800) 230-3144
E-mail: 75471.2247@compuserve.com

Goodness Grows

by Terry Ryan

Later this month as we prepare for the humbling experience of the American Thanksgiving, I hope we can extend thanks to those who literally put the food on our tables. I refer to the American farmer and everyone who works in agriculture.

This issue of Carolina Country celebrates the bounty that is ours in North Carolina. In pages that follow, you can see how North Carolina farmers and related businesses supply everything we need for a festive holiday, from seasonal decorations through the pecans and whipped cream. I grew up on a farm myself, and I can assure you that looking next door or down the road for your Thanksgiving fare not only brings you the reward of freshness, it also brings that gratifying feeling of doing business with your neighbors and communities.

The meaning of the slogan "Goodness Grows in North Carolina," developed by the state Department of Agriculture, is evident almost anywhere you travel in North Carolina.

North Carolina is a leading farm state in a nation that feeds the world. We rank in the nation's Top Ten in turkeys raised, sweet potatoes, cucumbers for pickles, poultry products, peanuts, trout, strawberries, hogs on farms, apples and eggs. We also produce some of the best seafood, vegetables, tree nuts, dairy products, wheat and soybeans you can find. Our wines, soft drinks and teas are wonderful.

Consider also our non-food products: tobacco, cotton, greenhouse and nursery plants, Christmas trees, lumber and wood fiber products.

Think about the economic value. Agribusiness is North Carolina's largest industry, employing one of every five working people in the state, accounting for over 28 percent of our gross state product, bringing us some $42 billion in income a year (No. 10 nationally). Farms, agricultural businesses an retailers are among our largest taxpayers.

Because North Carolina also is a national leader in finance, technological research and transportation, the prospects for continued growth in agriculture are very bright indeed. Plans to build a global transport facility in Lenoir County that could create up to 100,0 regional jobs would enhance our status as a worldwide agricultural exporter. Already we rank 14th nationally in farm exports.

And the people involved in agriculture understand North Carolina's nature. They ar committed to environmentally sound and responsible treatment of the land, knowing a they do the need to sustain and renew its pr ductiveness. Our best minds in science and technology are helping improve methods so that agriculture and the environment can co exist for a long time.

See what I mean about goodness growing in North Carolina?

Since we began serving North Carolina's rural communities more than 50 years ago, the electric cooperatives have grown alongsi agriculture. Farm families have always guide the policies of the cooperatives. It's natural f us to extend our gratitude to North Carolina farmers and related businesses this season. I hope all of you will join me in thanking them, too.

Terry Ryan is vice president of Customer Service for North Carolina Association of Electri Cooperatives and North Carolina Electric Membership Corp. He is also a member of the board of directors of the North Carolina Agribusiness Council.

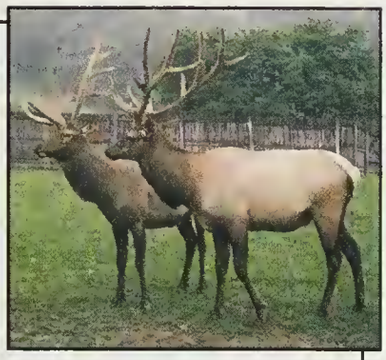
Legally speaking

Thank you, Charles Joyner, for educational inspiration. At Piedmont Electric Membership Corporation we have struggled with regulations for impervious surfaces. I have wondered if a substance can be "pervious." Thanks to "Missing Person" [Joyner's Corner, September 1995], I was led to finally consult a dictionary and discovered it can. Ignorance is never excusable.

Also, Mr. Louie Allen is not the only attorney to draw upon "The Andy Griffith Show" ["Real Courtroom Drama, Mayberry Style," September 1995]. I once encountered a client who refused to follow my sound legal advice regarding a chosen course of action. I quoted old Ben, who tore up his ticket in t face of the Honorable Andy Taylor, Justice of the Peace. Whe told his actions constituted contempt of the law and he had better have a good excuse, Ben replied, "I do. I have contemp of the law."

D. Michael Parker, general counsel, Piedmont El

The elk want to show off now



Our thanks to all for running the nice article on the "Elk of Vilas" [August 1995]. Frederica Georgia was a pleasure to visit with. She didn't have a lot to work with, either, because the cows were pregnant and shedding their winter coats, and the males had half-grown antlers. The elk had a meeting and asked me to send some photos of them when they look better.

Pete Perdue, Vilas

udiotape for the blind

onald Merritt, who lives in Sampson County and is a member of Four County Electric Membership Corporation, called ask about placing Carolina Country on audiotape for people ho have impaired eyesight. If any readers know of such a serce, please contact us at Carolina Country.

ooking for a portable greenhouse

am looking for a "portable greenhouse." I wonder if any other readers know about them. We are members of Randolph EMC.

Mrs. Bobby Yow
625 Forest Valley Dr.
Asheboro, NC 27203

Looking for postcards

My fifth grade class is studying cities around the globe. I would like to receive postcards from your cities. Thanks.

Rhian Jenks, 2050 Arbor Creek, Carrollton, TX

Stock car racing shock

I am writing about a book in your July issue, "The World's Number One Flat-Out All-Time Great Stock Car Racing Book." I enjoy NASCAR racing, and I like to read about the sport.

Upon receiving the book, I was shocked by the vulgar language. All you would have had to do was say "adult language," and that would have been a warning for Christians. It really frightens me to think I may have ordered one of these books for a grandchild.

Mrs. Sterling Copeland, West Jefferson

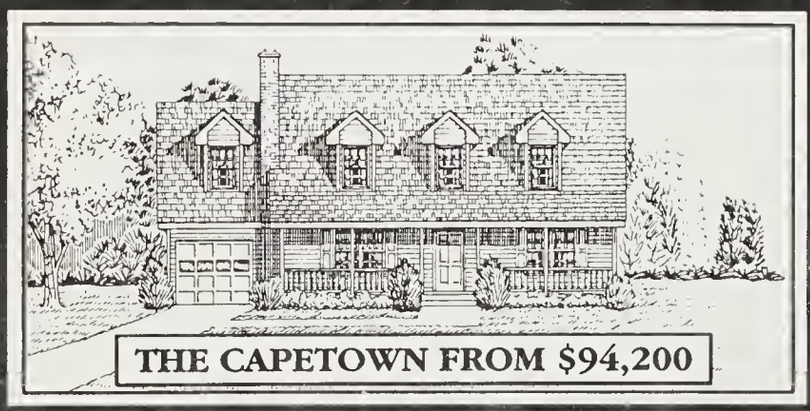
We will try to include in our book notices a statement about off-color language that appears in books we review. The book by Jerry Bledsoe that Mrs. Copeland refers to is a true account of life and action in the stock car circuit, considered by Stock Car Racing Magazine as "easily the best" on the subject.

Looking for an Army buddy

I wonder if any of your readers can help me locate an Army buddy of my Dad (O.J. Doolin). The man's name is Johnny E. Bragg, who would be 68 or 69 years old, originally from "somewhere in North Carolina." They were in the Coca-Sola hospital in Panama back in 1950.

Regina Doolin Brown
1110 Meadow Brook Drive
Westmoreland, TN 37186

Your Land, Our Plans.
With American Family Homes



- Quality homes affordably priced from the mid $60s to the low $200s.
- Building on your lot - anywhere in our Carolina markets.
- "Stick built" and completely finished.
- 31 floorplans to choose from.
- 100% financing for qualified landowners.
- Includes allowance for well and septic.

Get the most home for your money- call 704-568-6884 or 1-800-544-9139 in Charlotte. Call 910-691-1996 or 1-800-896-7922 in Greensboro or mail the coupon!

American Family Homes®

For a free brochure or appointment call or visit our Sales Center at 6300-C E. Independence Blvd., Charlotte, NC 28212 or at 2609-B Randleman Rd., Greensboro, NC 27400

Name_____

Address_____

City_____ State_____ Zip_____

I own a lot: Yes____ No____ Located in_____ County_____ State

Home Phone_____ Work Phone_____

❑ Please send me a FREE American Family Homes Video

CC 11/95

American Family Homes, Inc. is a wholly owned subsidiary of Interstate General Co. L.P.

Your cooperative meets the global climate challenge

Is global warming a myth or a reality?

The scientific community isn't sure. Some experts say that climate is naturally variable, and that even the string of very warm years in the 1980s and 1990s could have been just a natural swing of the climactic pendulum.

Other scientists say that the warming of the global atmosphere is a fact — caused by the burning of coal, oil and wood for fuel.

While the scientific and environmental communities continue to debate the concept of global warming, the "greenhouse effect," on which the controversy is based, is widely accepted. According to the theory, carbon dioxide and other atmospheric gases, such as methane and chlorofluorocarbons, function like the glass in a greenhouse, allowing heat from the sun to reach the Earth's surface, but restricting its return to space. As these gases increase in the atmosphere, overall temperatures rise.

June Small of NCEMC (far right) discussed global climate change this year in Washington, D.C. with U.S. Energy Sec. Hazel O'Leary (foreground) and Glenn English of the National Assn. of Electric Cooperatives.

As concerned stewards of the rural environments in which they do business, North Carolina's electric cooperatives have taken a prudent approach to the subject of global climate change. They are reducing emissions of atmospheric gases with practical actions that make economic sense.

Earlier this year, North Carolina Electric Membership Corporation (NCEMC), which provides power to 27 of the state's 28 co-ops, answered U.S. Energy Secretary Hazel's O'Leary's call for volunteer participation in the Department of Energy's Climate Challenge Program. The program's goal is to "reduce, avoid or sequester" greenhouse gas emissions through economically viable options. The Climate Challenge was developed specifically to give electric utilities credit for reducing carbon dioxide (CO_2) emissions.

"We are pleased that we can help keep these emissions down by purchasing a particular fuel mix," says June Small, NCEMC's manager of environmental affairs. "Fuel is necessary to produce electricity and ensure a reliable source of power for our customers. We are proud that the decisions we made have proven to be so environmentally responsible, as well as cost-effective."

("Fuel mix" refers to the various sources a utility uses — such as coal, natural gas and hydroelectric sources — to generate electricity. NCEMC's plans for future fuel purchases reveal a reduced dependence on oil and gas.)

Thanks to programs already in place, NCEMC and its member cooperatives met the challenge handily. According to its agreement with the federal government, NCEMC will avoid emissions of CO_2 in the year 2000, as compared to 1990.

The Climate Challenge is one of nearly 50 different voluntary programs the Clinton administration has set up for citizens, businesses and industry to help the U.S. comply with an international agreement to curb "greenhouse gas" emissions.

"Our participation in this program doesn't change what NCEMC is doing currently, or what we're planning for the future," Small says. "It's simply proof that we've been doing it right all along."

Participation in the Climate Challenge program is voluntary. Each utility strikes its own agreement with DOE, and specifies its areas of participation.

NCEMC meets the terms of its agreement with DOE through its fuel mix plans, but electric cooperatives individually also have various programs in place that demonstrate commitment to a cleaner environment. [See below.]

"Global warming may be in dispute," June Small says, "but our concern for the well-being of our members is not. We will continue to pursue ways to deliver clean and reliable electricity to our customers at a reasonable cost."

— *Jane Pritchard*

Cooperative Options for Saving Energy

North Carolina's electric cooperatives offer a variety of options to consumers who wish to save money and help protect the environment by using electricity wisely. Check with your cooperative on which of these options it offers.

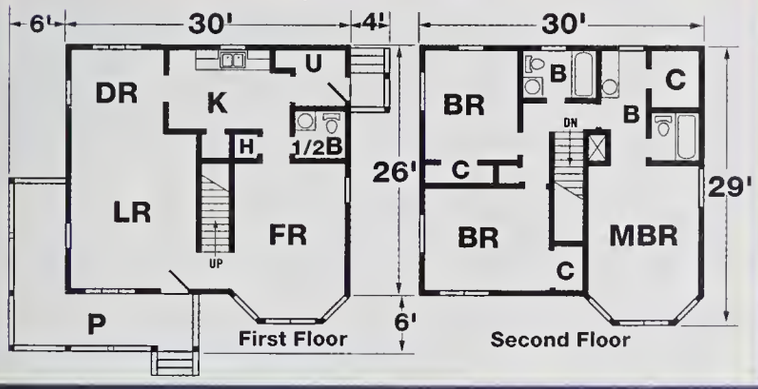
- **Electric Thermal Storage (ETS) units. These supplemental heaters heat specially designed bricks at times of day when overall demand for electricity is low, and release the heat for use during times of peak demand.**
- **Load control switches. They temporarily cycle off water heaters, heat pumps, central air and ETS units during times of peak demand. Many co-ops offer rebates to consumers who volunteer to participate.**
- **Geothermal, or ground source, heat pumps. They use the earth's milder temperatures to provide efficient space conditioning.**
- **Energy audits of homes and businesses. Free inspections that can produce energy-saving recommendations.**
- **Home construction tips. Ideas for making the home energy-efficient.**
- **Time-of-use rates. Participating co-op members agree to restrict high-electricity use (such as clothes washing and drying) to periods of the day when demand is lowest. In return, these customers receive a discount on their power bills.**
- **Heat pump promotions. Special arrangements for members who buy and use high-efficiency heat pumps.**

WE'RE CREATING A FLURRY

WITH $2000 IN FREE OPTIONS

A season of good cheer is alive at Jim Walter Homes as we're celebrating our 50th Anniversary. We're getting into the holiday spirit by giving you $2,000 in Free Options on every 90% complete home. You can choose from Deluxe Kitchen Cabinets, Upgraded Vinyl or Hardiplank Siding, Kitchen Appliances and much more.

VICTORIAN 3 BEDROOMS, 2 1/2 BATHS,
1583 SQ. FT. LIVING AREA



- ❄ No Money Down,
- ❄ No Points or Closing Costs,
- ❄ Fixed Rate Mortgage Financing to qualified property owners
- ❄ More than 30 home designs conventionally built, on your property up to 90% complete

Flurry in, this special offer ends soon. Best wishes for the Holidays.

Jim Walter HOMES

The nation's largest builder of on-your-lot, single-family homes. Since 1946, over 300,000 built.

ll toll free for our free brochure and location of your nearest model center, or mail coupon.

1-800-492-5837

Ask for Extension 20

)pen 7 Days a Week. Weekend Hours - Sat. 8 A.M. to 6 P.M., Sun. 1 P.M. to 6 P.M.

oto shows actual home that may include additions, options or customer modifications not part of our ndard offering. State License Numbers: AL-523, AR-HB1003, AZ-032077, FL-CRC052378, MS-R00356, I-017647, NC-10840, SC-10773, TN-23042, VA-2701010439A, WV-008536. © Jim Walter Homes, Inc. 95 Copyright strictly enforced. $2,000 in Free Options applies only to 90% complete homes--Bonanza , Regency Level I. Offer good to end of month. No other offers or discounts apply. Prior sales excluded.

JIM WALTER HOMES, INC. E 1195
P.O. Box 31601 Tampa, FL 33631-3601
Please send me your free brochure with home designs and information about building on my property up to 90% complete.

Name_____

Address_____

City_____ County_____

State_____ Zip_____ Telephone_____

Home FOR THE HOLIDAYS

Carolina Decorations

A visit to the state-operated Farmers Markets (and Mother Nature herself) offers you an array of holiday decorating ideas. Here are some for starters.

- Garlands created from peanuts and popcorn.
- Grapevine wreaths decorated with dried flowers and herbs.
- Votive candles surrounded with fresh bay leaves tied with red ribbon.
- Miniature trees made from cone-shaped Styrofoam covered with fresh rosemary, placed in a flower pot.
- Sprayed or natural pine cones.
- Seashell ornaments.
- Natural or sprayed magnolia leaves.
- Swags and wreaths made from boxwood and holly sprigs.

How to Make Centerpiece Gourds

1. Rub the gourd with sandpaper to remove the rough texture and dried surface.
2. Dip the gourd in Future brand floor wax to bring out the gourd's rich color.
3. Sprinkle the dipped gourd with copper dusting powder (found at craft stores). Allow the gourd to dry on a smooth plastic surface, such as an old plastic cutting board. Don't use newspaper; it will stick to the wax.

State-Operated Farmers Markets

State Farmers Market, 1201 Agriculture St., Raleigh. (919) 733-7417.

Charlotte Regional Farmers Market, 1801 Yorkmount Rd., Charlotte. (704) 357-1269.

Piedmont Triad Farmers Market, 2914 Sandy Ridge Rd., Colfax. (910) 605-9157.

Western North Carolina Farmers Market, 570 Brevard Rd., Asheville. (704) 253-1691.

The Direct Directory

The 1995 edition of "The Direct Directory" lists information about fresh markets from across the state, including fruit and vegetable farms, roadside markets and pick-your-own farms. It's 82 pages. For a copy, send $1 to Farm Markets Coordinator, N.C. Department of Agriculture, P.O. Box 27647, Raleigh, NC 27611. (919) 733-7912.

Nothing could be finer than a feast from Carolina.

As you plan for the holidays this year, try to choose North Carolina products. You will be pleased by the variety and quality of foods and gifts with the Tar Heel touch. Serving and giving North Carolina products shows pride in your place.

Carolina Country in November and December shows its pride in the people of North Carolina by offering homegrown ideas for the coming holiday festivities.

This year, we worked with the North Carolina Department of Agriculture — home of the "Goodness Grows in North Carolina" campaign— to compile holiday ideas that support growers and processors of foods and related commodities. We owe special thanks to NCDA and the North Carolina commodity associations.

Next year, we'd like to expand this guide to support other North Carolina producers who have something to give for the holidays. Let us hear from you.

Cyclamen: An Alternative Holiday Flower

The elegant cyclamen flower i available in 4-inch and 6-inch po during the holiday season, from October through Valentine's Day. Cyclamen is a cool-season plant tha is well suited to our climactic condition during the holidays. In fact, cyclamen was the Christmas flower of choice before the introduction of the poinsettia to the U.S. in the early 1800s.

Cyclamen is available throughout th state at garden centers and flower shops When looking for cyclamen, select plan that have lush, dark green foliage and bright-colored blooms. The leaves are often variegated, and the exotic flowers are available in five colors —white, whi with eye, salmon, rose and scarlet. All flowers, except the scarlet, are fragrant.

These flowers prefer bright light, coo temperatures and adequate water. Caref watering is the key to maintaining a healthy plant. Always remove any stan ing or excess water to insure good drainage.

Finding, Testing and Carin for a Christmas Tree

During the holiday season, you can find a Christmas tree lot in almost ever town featuring an abundance of shape sizes and varieties of North Carolina trees. The Fraser fir, white pine, red ced and spruce are the most popular specie selected as Christmas trees.

A Christmas tree typically begins lif in a nursery where superior seeds are planted and grown to two-year-old seedlings. The seedlings are taken from the nursery beds and replanted in Christmas tree plantations. Each year t young trees are shaped or pruned to encourage the trees to branch more

(continued on next pa

Finding, Testing and Caring for a Christmas Tree (continued from previous page)

quickly, and gradually achieve the full, bushy appearance people prefer.Trees take anywhere from four to 16 years to become a well-shaped 6-foot to 8-foot tree.

At harvest time, wholesale growers elect finished trees by placing tags on them. The tagged trees are cut, bundled and loaded on trucks and railroad cars for the journey to any one of thousands of retail lots across the country.

More adventurous tree selectors cut their own trees from a "Choose and Cut" Christmas tree farm. Located throughout the state, the "Choose and Cut" farms have helped renew the tradition of the entire family selecting and cutting the Christmas tree. Many tree farms offer special attractions like sleigh or hay rides, hot cider or a visit with Santa.

The first step in selecting your tree is to determine the shape and size needed for the display space you've selected in your home. Next, do a freshness test. Hold a branch about six inches from the tip. Pull your hand up toward the tip, allowing the branch to slip through your fingers. The needles should adhere to the branch and not fall off in your hand. Another freshness test is to lift the tree a couple of inches off the ground, then bring it down abruptly on the stump end. The outside green needles of the tree should not fall in substantial numbers.

When you bring your tree home, make a fresh cut a quarter-inch off the base of the trunk. Keep the tree outdoors, standing in a container of water, protected from the wind and sun until you are ready to decorate. Remember, trees are very thirsty. Check your stand daily and supply fresh water as needed. Once inside your home, it's best to place your tree in a cool environment and out of drafts. Be sure light cords and other holiday decorations are in good working order before using them. Don't forget to unplug lights when you go to bed or leave home.

After the holiday season, consider placing your tree in the garden or backyard for use as a bird feeder. Orange slices, bread and suet will help attract the birds to this location. Your tree is biodegradable and can be used as mulch in your garden. Many trees are also used in ponds and lakes to create refuge and feeding areas for fish.

You can also get a tree by mail order. Just remember to place your orders early to ensure delivery of your fresh tree.

For more information about "Choose and Cut" farms, mail-order trees and retail locations: Patricia Wilkie, N.C. Christmas Tree Association: (704) 262-5826.

David Massee, Marketing Specialist/NCDA: (704) 253-1691.

Laurie Wood, Marketing Specialist/NCDA and Eastern N.C. Christmas Tree Growers Association: (910) 525-3444.

A Carolina Country Holiday Feast

Following are some North Carolina-grown products that can complete your holiday feast. For specific information about where to find these commodities, contact Warren Williams or Sarah Brown at the N.C. Department of Agriculture in Raleigh, (919) 733-7912.

Appetizers

smoked seafoods & smoked trout
peanuts
cheese
popcorn
pecans
cheese biscuits
pickles/relish
salsa for chips

Begin your dinner with a selection of wonderful nibbles developed right here in our home state.

Beverages

milk
wines
sparkling ciders
grape & apple juice
soft drinks
concentrated tea
herbal teas
spice mixes for hot drinks
bottled water

Beverages can be the most fun and surprising of all the items served at your dinner.

Main Course

ham
turkey
ostrich
beef
chicken
fish
pork

Choose one or two main meats for your entree. Season with local North Carolina herbs, or try some of our state's finest sauces or marinades. Don't forget to complement your meal with vegetables. You'll find sweet potatoes and a variety of leafy green vegetables in season at your local market. North Carolina now provides an abundance of salad dressings; pick several and let your guests select what appeals to their taste. Our local mills produce the best in flour and cornmeal mixes. Remember to buy a North Carolina product mix when you make biscuits, hushpuppies, rolls or any recipe calling for flour or cornmeal.

Desserts

ice cream
hard candies
chocolates & truffles
handmade cookies
ready made cakes & pies
fruit
pastries

TURKEY NUGGETS
(thanks to N.C. Poultry Federation)

2 pounds raw turkey breasts boned, skinned and cut in 1-inch cubes
2 eggs beaten
½ cup water
1 cup flour
3 tablespoons sesame seeds
1¾ teaspoon salt
Oil

Mix eggs and water. Add flour, sesame seeds, and salt to make batter. Heat oil to medium temperature. Dip nuggets into batter; drain off excess batter and put in oil. Fry in oil 5-10 minutes or until golden brown and fork can be inserted with ease. Meat will be white inside when done. Do not overcook. Drain on paper towels. Serve with the following sauce. Serves 8.

ROYALTY SAUCE

1 cup catsup
½ teaspoon dry mustard
1 tablespoon brown sugar
2 tablespoons vinegar
6 tablespoons margarine

Mix all ingredients in a saucepan and cook 4-5 minutes; stirring constantly.

PECAN BRITTLE
(thanks to N.C. Pecan Growers Assn.)

1½ teaspoon baking soda
1 teaspoon water
1 teaspoon vanilla

Mix the above together and set aside. Butter two cookie sheets and keep warm.

1½ cup sugar
1 cup water
1 cup light corn syrup

Mix in three quart sauce pan. Cook over medium heat, stirring occasionally until reached 240° on candy thermometer.

3 tablespoons margarine or butter
1 pound chopped pecans

At 240° stir in margarine and pecans and stir continuously until 300°. At 300° remove from heat quickly and stir in baking soda mixture, (may pop). Pour half of the mix on each cookie sheet about ¼ inch thick. Allow to cool for about 30 minutes.

MARINATED FRESH VEGETABLE SALAD
(thanks to the N.C. Soybean Producers Assn.)

1 cup broccoli
1 cup cauliflower
1 cup thinly sliced carrots
1 cup red or green pepper
1 medium onion, sliced and separated into rings
¾ cup sugar
1 cup vinegar
½ cup soybean oil
1 teaspoon celery seeds
1 teaspoon salt
½ teaspoon pepper

Combine vegetables in large bowl. In a screw top jar or blender, combine vinegar, sugar, oil, celery seeds, salt and pepper. Cover and shake to mix. Pour over vegetables. Cover bowl and refrigerate overnight or for 4 hours. This colorful dish makes a wonderful presentation!

GRAPE JUICE SHERBET FLOAT
(thanks to the N.C. Grape Council)

1 quart pineapple sherbet
1⅓ cups crushed pineapple
Sparkling Scuppernong grape juice

Equally place pineapple sherbet into 4 stemmed glasses. Top each with ⅓ cup of pineapple. Just before serving, pour 1 to 2 tablespoons of grape juice over the top. Beautiful to serve for four.

OYSTER PIE
(thanks to the N.C. Fisheries Assn.)

1 pint fresh oysters
¼ cup melted butter
⅛ teaspoon pepper
1 rounded teaspoon flour
1 cup cracker crumbs
½ teaspoon salt
2 boiled eggs (sliced)
1 cup milk

Mix cracker crumbs with melted butter. Alternate (two layers) cracker crumbs, oysters, sliced eggs, salt and pepper. Mix flour with milk and pour over all. Cover with pie crust–using your favorite recipe. Bake at 400° for 30 minutes. Approx. 6-8 servings.

SWEET POTATO BISCUITS
(thanks to N.C. Sweet Potato Commission)

1¼ cup all purpose flour
1 tablespoons baking powder
½ teaspoon salt
3 tablespoons shortening
1 cup cold, cooked mashed sweet potatoes
¼ cup milk

Sift flour, baking powder and salt into bowl. Cut in shortening until crumbly. Add sweet potatoes; mix well. Stir in enough milk to make soft dough. Knead several times on floured surface. Roll ½-inch thick. Cut with biscuit cutter. Place on baking sheet. Bake at 450° for 12 - 15 minutes or until brown. Makes 18 biscuits.

SHRIMP BALL
(thanks to N.C. Seafood Marketing)

1 pound cleaned boiled shrimp, chopped
8 ounce softened cream cheese
1 small minced onion
1 clove garlic minced (or garlic powder)
dash Worcestershire
salt & pepper
dried parsley flakes
dash lemon juice
dash of hot sauce (optional)

Mix all ingredients and shape into a ball. Chill at least 4 hours.

HIGH COUNTRY APPLE CAKE
(thanks to N.C. Apple Growers Assn.)

1¾ cup sugar
3 eggs
1 cup oil
2 cups flour
1 teaspoon salt
1 teaspoon vanilla
1 teaspoon baking powder
1 tablespoons. cinnamon
2 cups unpeeled, cubed apples
½ cup pecans chopped

Measure all ingredients, except apple and pecans, into large bowl. Beat together thoroughly with spoon. Fold in apples and pecans. Bake in greased and floured 9-inch by 13-inch pan at 350° for 45-50 minutes. Cool and remove from pan. Serves 12.

North Carolina's Commodity Associations
September 1995

Cooperative Council of N.C.
Raleigh
(919) 834-5544

American Dairy Assn. of N.C.
Greensboro
(910) 854-1429

Carolina/Virginia Dairy Products
Durham
(919) 382-0333

Eastern N.C. Christmas Trees
Roseboro
(910) 525-3444

N.C. Cattlemens Association
Fuquay Varina
(191) 552-9111

N.C. Apple Growers Assn.
Edneyville
704) 685-7768

N.C. Aquaculture Association
Beaufort
919) 728-1971

N.C. Assn. of Nurserymen
Knightdalel
919) 266-3322

N.C. Christmas Tree Assn.
Boone
704) 262-5826

N.C. Commercial Flower Growers
Raleigh
919) 779-4618

N.C. Corn Growers Assn.
Raleigh
(919) 782-4094

N.C. Corn Millers Assn.
Selma
(919) 965-3547

N.C. Crop Improvement Assn.
Raleigh
(919) 515-2851

N.C. Cotton Promotion Assn.
Raleigh
(919) 779-4618

N.C. Egg Association, Inc.
Cary
(919) 319-1195

N.C. Fisheries Assn., Inc.
New Bern
(919) 633-2288

N.C. Forage & Grassland Council
Pink Hill
(919) 568-3602

N.C. Grape Council
N.C. Grape Growers
N.C. Winegrowers
Raleigh
(919) 733-7136

N.C. Greenhouse Veg. Growers
Elizabeth City
(919) 331-4773

N.C. Herb Association
Fletcher
(704)684-3562

N.C. Horse Council
Raleigh
(919) 733-7136

N.C. Landscape Contractors Assn.
Knightdale
(919) 266-3322

N.C. Meat Processors Association
Clayton
(919) 553-4509

N.C. Ostrich Breeders Association
Oxford
(919) 693-2354

N.C. Peach Growers Society, Inc.
Kinston
(919) 527-7125

N.C. Peanut Growers Assn.
Nashville
(919) 459-7396

N.C. Pecan Growers Association
Roseboro
(910) 525-3444

N.C. Pine Needle Producers Assn.
Carthage
(919) 947-3721

N.C. Potato Assn.
Elizabeth City
(919) 331-4773

N.C. Pickle Producers Assn.
Nashville
(919) 443-6011

N.C. Pork Producers Assn.
Raleigh
(919) 846-9758

N.C. Poultry Federation
Raleigh
(919) 783-8218

N.C. Small Grain Growers
Raleigh
(919) 881-9908

N.C. Soybean Producers Assn.
Raleigh
(919) 839-5700

N.C. Beekeepers Assn.
Raleigh
(919) 515-3183

N.C. Trellised Tomato Growers
Asheville
(704) 253-1691

N.C. Strawberry Assn.
Raleigh
(919) 362-8632

N.C. Sweet Potato Comm., Inc.
Raleigh
(919) 571-8370
(800) 822-0354

N.C. Trout Growers Assn.
Franklin
(704) 254-5783
(704) 524-5020

N.C. Turkey Federation
Raleigh
(919) 783-8218

Tobacco Growers Assn. of N.C.
Raleigh
(919) 781-2307

Southeastern Blueberry Council
Roseboro
(910) 525-3444

Southeastern Grain & Feed Assn.
Raleigh
(919) 779-1681

Turfgrass Council of N.C.
Southern Pines
(919) 695-1333

Virginia-Carolina Peanut
Promotions
Nashville
(919) 459-9977

N.C. Fresh Vegetable Growers
Raleigh
(919) 515-3619

N.C. Watermelon Assn.
Murfreesboro
(919) 398-5830

Affordable Health Care !!

The Grange Health Care Plan includes:

- Comprehensive benefits.
- Maternity benefit with family plan.
- Preventive Care Benefit up to $100 annually on an 80/20 basis for each covered member.
- Four deductible plans from which to choose.

* *Preferred Provider Organization*
Available in 89 of 100 counties. Slightly higher rates in Out-of-Network counties.

For more information, please contact:

North Carolina State Grange
P.O. Box 9965
Greeensboro, NC 27429

Sample Grange monthly rates based on PPO* Network of Blue Cross Blue Shield of North Carolina.

$200 Deductible

AGE	IND.	P/C	P/CH	FAM.
25-29	88.60	160.55	213.75	301.00
45-49	140.80	203.35	253.30	349.45

$500 Deductible

AGE	IND.	P/C	P/CH	FAM.
25-29	75.20	136.05	181.35	255.25
45-49	119.45	172.60	214.90	296.50

IND = Individual P/C = Parent/Child
P/CH = Parent/Children FAM = Family

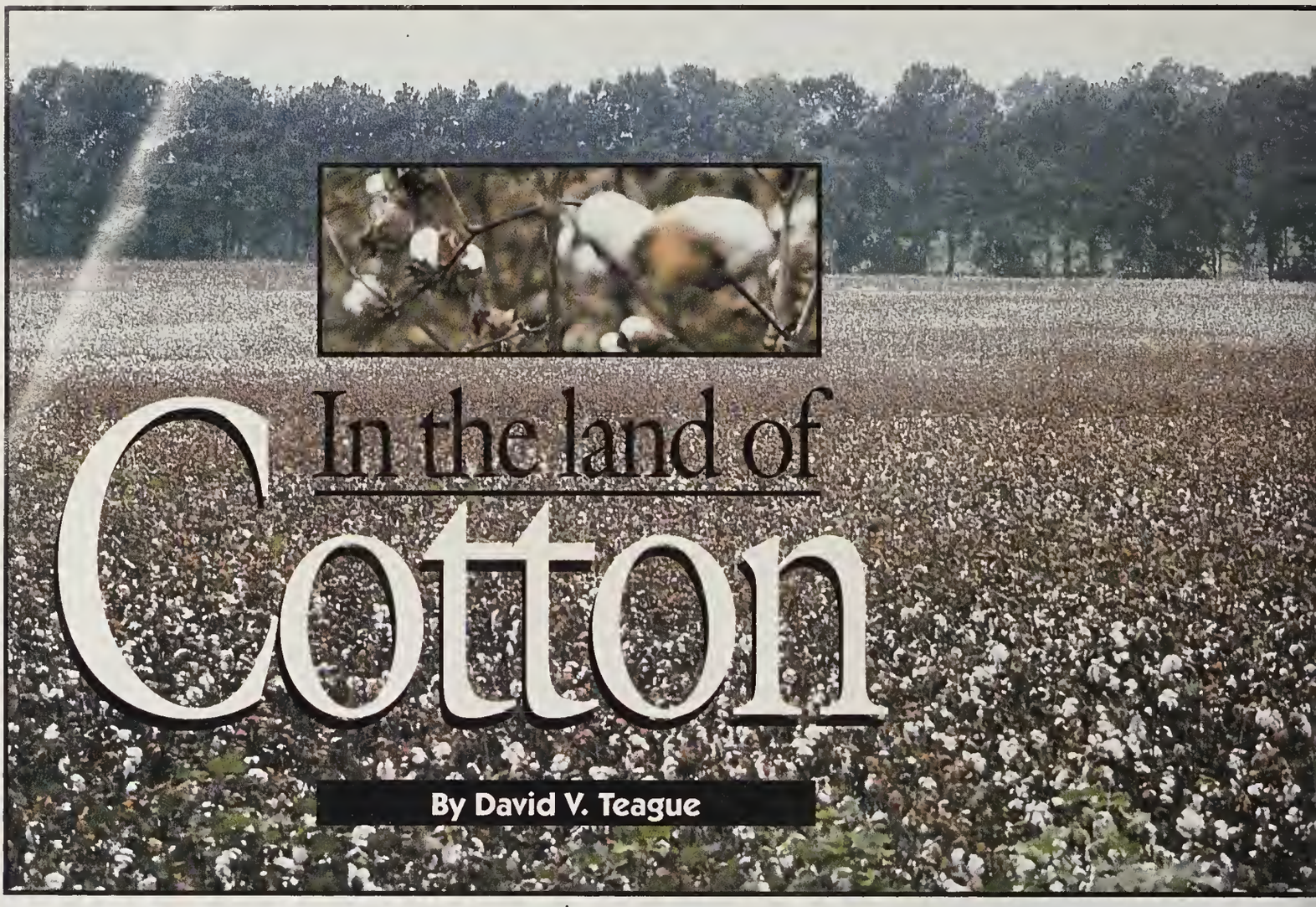
Authorized agent for:

BlueCrossBlueShield
of North Carolina
An Independent Licensee of the
Blue Cross and Blue Shield Association

Disclaimers:

Refer to policy for complete details of policy provisions, benefits, and limitations. Rates vary according to age and number of persons covered.

Plan may not be available in all counties. Rates may vary according to availability of provider network by county. Benefits depend upon plan selected and rates will vary with amount of benefits selected. There may be a waiting period for those conditions existing prior to effective date of policy. Rates listed above guaranteed until September 1, 1996. Policy is renewable subject to payment of premiums, continued membership in the Grange, and North Carolina residency.



In the land of Cotton

By David V. Teague

Northampton County farmer Marshall Grant remembers looking out over his cotton fields in 1978 and watching a North Carolina tradition slowly dwindle to extinction. He had been growing cotton since 1946, and his family had grown it since well before he was born, and now he believed that in five years neither he nor anyone in the state would seriously grow cotton again.

By the late 1970s, North Carolina's acreage devoted to cotton had shriveled to about 45,000 acres, one-tenth of what it had once been. Cotton gins were closing in every county.

"It was obvious to me from sometime in the 1960s," Grant said recently, "that unless something drastic happened we were looking at the end of the cotton industry. It was obvious that we were just not competitive with the world or the rest of the United States."

But King Cotton did not die. It was just taking another periodic hiatus as it has done throughout its history in North Carolina. Today, cotton has made a mighty return. The upward trend that started in the late 1980s has continued steadily. Some experts believe that North Carolina could rise to the second-largest cotton-producing state in the United States from its No. 9 position.

N.C. acres in cotton

1994:
486,000 acres

1995:
780,000 acres

Just looking at the difference between 1994 and 1995 gives an idea of how things are picking up. In 1994, N.C. farmers placed approximately 486,000 acres in cotton. This year the figure is estimated to be close to 780,000 acres in spite of poor weather.

Other positive signs:

- The 1994 harvest of 820,000 bales was the highest since 1928.

Making a module in Pitt County.

- North Carolina has been adding additional cotton gins faster than any other cotton-producing state. At its low point, the number of gins had dropped to around 14. Now the state has approximately 44 gins, and others are being planned.
- In just two years, cotton production has doubled in Gates County and other areas of the state.
- Nationwide demand has risen to about 11 million bales, more than twice the demand of 20 years ago.
- The number of farmers needing assistance from government price supports has dropped dramatically, according to John Cooper, director of the N.C. Cotton Growers Association. "Last year," he said, "of the 486,000 acres of cotton, roughly 323,000 were signed up for program benefits or whatever was necessary for the loan. This year, out of the acreage the USDA has projected will be planted, 161,000 are in the program. That means farmers are going out to build base, they have a larger base, and they feel comfortable that they don't need a government program this year. And more farmers are coming into planting cotton."

Jerry Markatos

A familiar autumn scene in eastern North Carolina, this harvest is for the Boyette and Pierce farms of Pitt and Greene counties.

ighting pests

Cotton's history in North arolina has definitely been a ieckered one. After the Civil War, outhern cotton growers experinced major losses when the abolion of slavery made it too pensive for some farmers to grow tton. Twice between 1838 and 37, the industry saw depressed ices that lasted more than two decades; they were times when S. production exceeded worldwide demand for cotton.

But neither of these setbacks could compare to the challenge owers faced from the boll weevil, a tiny insect from Mexico. e creature's destructive eating habits caused Marshall Grant d other farmers to anticipate the end of cotton production in rth Carolina.

The first infestation took place in Texas in 1892, then moved adily across the Southeast. By the 1960s, the boll weevil was stroying around 12 percent of the cotton planted nationwide. 1921, the year the weevil was first discovered in North rolina, over 30 percent of the estimated yield nationwide was stroyed.

"One of my earliest chores had to do with applying insecticles to try to control boll weevils," Grant said. He remembered rrying little buckets of molasses and calcium arsenic and pping it on top of the cotton. The boll weevil would eat the lasses and get enough calcium arsenic to control them."

That early effort, along with several others, Grant said, failed stop the hearty weevil. The problem was so bad that farmers plied insecticide 10 to 14 times per season.

"It was about a full-time job for one man on our farm," ant said.

The expense of this kind of insecticide control was more n many farmers could handle. By the mid-1960s, North Carolina had lost control of the insect, and yields plummeted. Farmers began looking for other ways to make a living.

Finally in 1978, the state and federal government agriculture departments came up with an experimental program they thought might eradicate the boll weevil. North Carolina was considered a potential testing site for the program, because farmers here already had organized community "spray groups," Marshall Grant said. But the cost of the experiment would be high, and no one knew that it would work.

"About 80-85 percent of the cotton growers were already in an organized control program that we did by communities rather than by individual farms," said Grant, who actively sought out farmers to support the expensive experiment. "Because of our organized system, they chose to start the program here in 15 counties.

"We needed 67 percent, or two-thirds of the farmers, to agree to it if North Carolina was going to be chosen," Grant remembered. "We got 68 percent."

By 1987, North Carolina was declared free of the boll weevil, and cotton production began to rise.

"So instead of spraying cotton 12 times a year," said John Cooper of the Cotton Growers Association, "farmers were spraying it from zero to one time. Expenses were cut tremendously. That enabled farmers —with the price of cotton not moving much, but with expenses being cut— to see some profits. That helped us get from 125,000 acres in the late 80s to the 486,000 we had last year."

Fighting fashion

Boll weevils weren't the only problem cotton producers had to face to make cotton a viable crop again. American consumers in the 1960s and 1970s seemed to want "wash and wear" fabrics, and cotton just didn't fit that life-style. Garments made of cotton came out of the clothes dryer wrinkled and shrunk.

Continued on next page

Hard to find? Hard to Fit?
Not any longer...

WE HAVE YOUR SIZE!
Widths AAAAA to EEEE, Sizes 3 to 14

With thousands of Brand Name shoes in stock and in our factories in a wide variety of Hard-to-Find sizes, we can fill your needs promptly.

FREE WEAR TEST
Wear your MASSEYS shoes for 31 Days before you decide to keep them. You will agree they are the most comfortable shoes you own or your money back in full.

"NO FUSS" GUARANTEE
If for any reason you are not completely satisfied we will exchange or refund the full purchase price!

FREE CATALOG! Call 1-800-462-7739 Dept. 5AW510

Call or write for your *FREE* Masseys Footwear Catalog

Name _____
Address _____ Apt. _____
City _____ State _____ Zip _____

Masseys 601 Twelfth Street, Dept. 5AW510
P.O. Box 10088, Lynchburg, VA 24506

SMART MONEY

You don't have to be a rocket scientist to understand how expensive education has become. From the simplest music lessons to the most complex, advanced degrees, the cost of learning keeps going up. At United Carolina Bank, we can design a loan for you that makes sense. One that builds your knowledge without breaking your budget. For more details, stop by any UCB office.

EasyAsUCB. UNITED CAROLINA BANK

Continued from previous pag

Synthetic fibers like dacron and orlon were replacing cotton at an alarming rate

"Synthetic fibers were sweeping cotto down the drain," said Hal Brockman, senior vice president with Cotton Incorporated, the Raleigh-based research and promotional company representing cotton growers. "In 1960 our market share was well over 60 percent. It had dropped to 34 percent in 1975. We lost half the market to synthetic fibers."

Cotton growers joined forces with the National Cotton Council and other organizations to form Cotton Inc. for the purpose of increasing demand for cotton not only in the U.S, but worldwide. Cotton Inc. designed a simple advertising campaign. Ads showing cotton in the fields and people wearing cotton products declared, "Cotton is more comfortable," and alongside was an artist's rendering of a cotton boll. The ads began running on television in 1974 and the effect was almost immediate.

Today cotton has climbed back up to 56 percent of the fiber market, and Cotton Inc.'s market research indicates that the cotton logo is the second most easily recognized symbol in the U.S., trailing only the Shell Oil logo.

"The reason we've jumped so much from 486,000 to almost 800,000 acres planted is because cotton has been very strong," Cooper said. "The prices have been way up. We've exceeded a dollar, went to $1.17 a pound. This year, farmers were able to contract out at the highest level that they have in modern history, netting anywhere from 70 to 80 cents a pound, which is a good profit level."

Cooper believes that North Carolina could easily expand its cotton acreage to a million acres in the next several years.

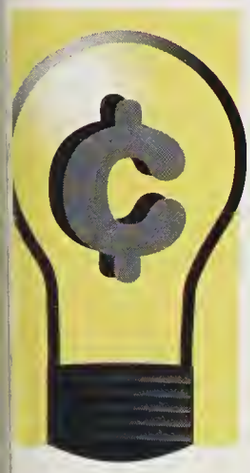
These numbers and the world's growing demand for cotton convince marketing specialist W.B. Upchurch at the N.C. Department of Agriculture that the state is poised to become a nationwide leader in cotton production, possibly landing right behind the number one state, California.

"With jumps like what we've seen, we're going to work ourselves up to one of the top states," Upchurch said. "In a decade or so, I believe we will be known as one of the top cotton producing states in the country."

David V. Teague is a freelance writer in Raleigh.

Making Cents of Your Electric Bill

by Arnie Katz



North Carolina has the best duct leak diagnosis and repair program in the U.S.

Leaky Ducts Can Add 15-20% to Your Heating-Cooling Bill

The first time I heard someone talk about duct leakage I frankly thought they had gone quackers. It turns out, however, that duck leakage is a major factor, not only in your energy bills, but in terms of your health, safety, comfort and the durability of your home as well.

Studies done in North Carolina by Alternative Energy Corporation (AEC) suggest that, on average, 15 to 25 percent of what we spend for heating and cooling our homes is being lost through leaks in the ductwork. This is consistent with findings in several other states.

Even more important than the energy costs, however, are some of the other consequences of duct leaks. If, for instance, you have a leaky return duct in your crawl space, every time your system kicks on you'll be sucking crawlspace air into your house. This means that your family is breathing whatever moisture, mold, mildew, or termite poison happens to be down there. A similar leak in the attic can be circulating dust and insulation particles throughout the house.

Another serious problem associated with duct leakage is the creation of negative pressures in various part of the house which can cause combustion appliances like fireplaces, water heaters and furnaces to backdraft and spill carbon monoxide into the house.

One reason for being skeptical is that things like "negative pressures" can't be seen or even felt, and it would be easy for someone to claim you have a problem when you don't. Another reason is that ducts have been in houses for decades. Why is this a problem all of a sudden?

The fact is that the tools and equipment needed to diagnose these problems in an affordable manner have only been around for several years. Very accurate digital pressure gauges and carbon monoxide detectors didn't exist a few years ago. Machines that can pressurize the duct system and measure the leakage have only been in existence for about four years. The problems have existed for as long as we've been moving air around the house to heat and cool, but our ability to measure what's really going on has changed dramatically.

The key is to find someone who has these tools and has been trained in how to use them. North Carolina is home to the finest duct diagnosis and repair training program in the nation, and over 175 people have been trained by the program and are qualified to diagnose and repair duct leakage and pressure problems.

Robert A. Flynn

This duct blaster checks for leaks in duct systems.

If you're building a new home, be sure to insist that you get a sealed duct system. This means that the ducts are sealed with a permanent finish sealer like mastic, not with tape, and have been tested for leakage. Some utilities have a duct sealing requirement in their new home programs. North Carolina's electric cooperatives, for instance, require duct sealing in their Max Home programs. Check with your cooperative to see what it offers.

Duct leakage is fairly easy to eliminate in new construction at minimal added cost. In existing homes, repairs can often be made at reasonable costs as well. Given the payback in terms of reduced energy bills and cleaner indoor air, it's well worth it.

For a list of contractors qualified to conduct diagnosis and repair services on residential ductwork, contact the N.C. Alternative Energy Corporation, P.O. Box 12699, Research Triangle Park, N.C. 27709-2699. (919) 361-8000.

Arnie Katz is a building science specialist at the Alternative Energy Corporation (AEC), a nonprofit organization that promotes energy efficiency and innovation. Headquartered in Research Triangle Park, AEC is supported by North Carolina's major electric utilities, including Carolina Electric Cooperatives.

Joyner's Corner

by Charles Joyner

Head lines.

Think of the money this nation could save
If children were taught in a primary grade
To memorize this simple ode:
"**ALL** bridges ice before the road."

UNSCRAMBLE IT

U N S C R A M B L E D =
a b d i m n o r s t w

Use the code key above to fill in the blanks below. Example: CA = in.

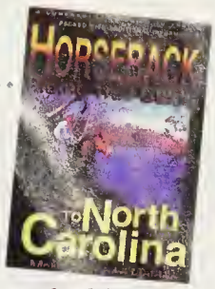
"Middle age is the time of life when the A U B B M D D U C L
_ _ _ _

Books

by Peggy Howe

lorth Carolina
utdoors.

Horseback Riding Trail Guide to North Carolina

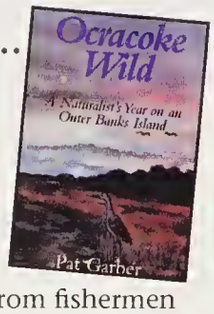


Martha Branon Holden, 258 pages

Yadkinville author and longtime horsewoman and owner Martha Branon Holden provides descriptions of North Carolina's trails along with many other aids: rules and regulations, safety, trail and camp checklist, national and state forests, parks and seashores, game lands, regional trails and even camp cooking and recipes. Black and white illustrations, appendices, bibliography and index complete the volume.

The book costs $12.95 (softcover) at bookstores or from John F. Blair, 1406 Plaza Drive, Winston-Salem, NC 27103; 910-768-1374, 800-222-9796.

Ocracoke Wild



Pat Garber, 166 pages

Four distinct seasons are depicted in a new book on Ocracoke island on North Carolina's Outer Banks. In "Ocracoke Wild" naturalist Pat Garber celebrates the wildlife on the island which includes the Cape Hatteras National Seashore. In addition to the four seasons, the author presents short biology lessons about marine life, habitats and nature's cycles, plus stories of inhabitants from fishermen to plankton to plovers and Ocracoke ponies. An environmental anthropologist living in Ocracoke, the author includes her own illustrations and photographs.

"Ocracoke Wild" costs $13.95 (softcover) at bookstores or from Down Home Press, P.O. Box 4126, Asheboro, NC 27204; 910-672-6889. Mail orders add $2 for shipping; N.C. residents also add 84 cents sales tax.

hrough the Garden Gate

y Elizabeth Lawrence, Edited by Bill Neal, 270 pages

Especially for gardeners and would-be gardeners is a collection of 144 popular weekly articles the late Elizabeth Lawrence wrote for The Charlotte Observer from 1957-71. Now available for the st time in paperback, "Through the rden Gate" was first published in rdcover in 1990. A delightful collecn of garden lore, horticultural exper- e and personal adventures, the new lume will inspire thousands of new rdeners as well as provoke reminisnces for those who remember Ms. wrence. An index covers subjects from anthus to zinnias.

The late Elizabeth Lawrence was the st woman to receive a degree in landpe architecture from N.C. State llege School of Design. The late Bill al, chef, author and master gardener, s a friend of Elizabeth Lawrence.

The book is available for $14.95 (softer) at bookstores and the University North Carolina Press, P.O. Box 2288, apel Hill, NC 27515-2288; 800-848-6224.

Fly Fishing in North Carolina

Buck Paysour, 288 pages

Popular Greensboro author Buck Paysour, avid fisherman for half a century, offers the third in a series of his fishing experiences. North Carolina artist Bob Timberlake, also a fisherman since his toddler days, provides a foreword, declaring "anyone who appreciates this state's grand and subtle natural beauty will delight . . . in going fly fishing with Buck Paysour."

The book tells where to find fish and which to catch on a fly. The author includes appendices for helpful books, places to order tackle, finding fishing spots, hatchery supported game lands and wild trout waters, plus an essay on fly fishing for trout by John Baskervill. Black and white photos, some by Paysour, illustrate.

The book costs $14.95 (softcover) at bookstores or from Down Home Press, P.O. Box 4126, Asheboro, NC 27204; 910-672-6889. Mail orders add $2 for shipping; N.C. residents also add 84 cents sales tax.

Birds of the South

Charlotte Hilton Green, 287 pages

More than 60 years after its initial publication, a charming, enduring book is available again from the late Charlotte Hilton Green, an early and influential champion of the Tar Heel state's natural environment. For 42 years (1932-1974) her popular weekly column, "Out of Doors in North Carolina," appeared in Raleigh's News and Observer.

This new volume is a selection of her columns, including details of more than 60 bird varieties common to southern gardens, fields and woods. Quotations, poems and anecdotes complement each species, helping to make the book more accessible even to novice nature lovers. A new introduction and appendix by author Eloise Potter bring the book's scientific information up to date. Original drawings and color plates remain.

"Birds of the South" is available for $16.95 (softcover) from bookstores or from the University of North Carolina Press, P.O. Box 2288, Chapel Hill, NC 27515-2288; 800-848-6224.

Answers to Joyner:

from page 16

broad mind narrow waist

Focus

North Carolina news you can use.

Survey finds golf courses that women prefer

Five North Carolina golf courses are among those cited as particularly "women-friendly" in a recent study by Golf for Women magazine.

Women who responded to the magazine's survey said they especially enjoy courses with unrestricted tee times, a comfortable atmosphere, special women's programs, thoughtful placement of forward tees, multiple women's tee markers, women's merchandise in pro shops, adequate locker room facilities and a female pro-instructor.

The North Carolina courses listed in the magazine's top 100 are Pine Needles Lodge and Golf Club in Southern Pines (ranked third overall), Pinehurst Resort & Country Club No. 7, Talamore in Southern Pines, Oakwood Hills Golf Club in Pinebluff, and Raintree Country Club South Course in Charlotte.

The 1996 U.S. Women's Open Championship will be held May 27-June 2 at Pine Needles Lodge and Golf Club.

For a free copy of the magazine's top 100 "women-friendly" courses in the U.S., contact Golf for Women magazine, P.O. Box 951989, Lake Mary, FL 32795-1989. Fax: (407) 333-8861. E-mail to GolfWomen through America Online.

Bear Creek cookbook is "Seasoned With Love"

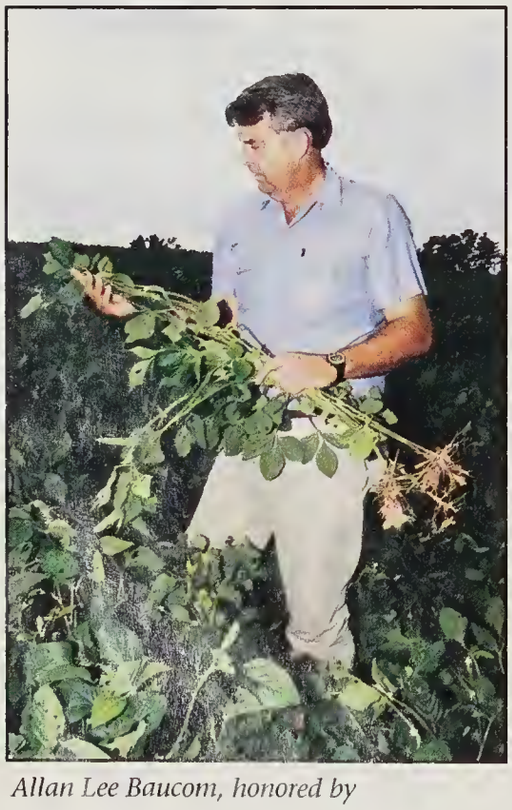
The Ladies Aid Society of Antioch Christian Church in Bear Creek has published a cookbook entitled "Seasoned With Love." The 289-page book is available by mail for $7.50 from Ladies Aid Society, c/o Sadie McLaurin, 117 Antioch Christian Church Rd., Bear Creek, NC 27207.

Rare Outer Banks maps on view through December

An unusual exhibit of maps of the Outer Banks is on display at the Outer Banks History Center in Manteo through the end of the year.

"A Chronology of Outer Banks Cartography: Four Centuries of Mapmaking" contains 47 maps dating from 1584 through 1994, most of them originals and very rare. The 1584 map is based on the early explorations of DeSoto and others and was drawn by Ortelius, one of the greatest mapmakers of all time. Quality reproductions of some maps are available for purchase. The gallery is open Monday through Friday 10 a.m. to 4 p.m. and Saturday 10 a.m. to 3 p.m.

Swisher International honors Monroe farmer for contributions to agriculture



Allan Lee Baucom, honored by Lancaster/Sunbelt Expo, shown here with his soybean plants in Union County.

Allan Lee Baucom of Monroe was honored in October as "Southeastern Farmer of the Year" by Lancaster/Sunbelt Expo.

The recognition goes to farmers who contribute to the well-being of the business and brings a $10,000 cash prize from Swisher International and its Lancaster Brand Chewing Tobacco who sponsors the award with Sunbelt Expo. Baucom was chosen to enter the competition in a statewide program sponsored by the North Carolina Farm Bureau.

Baucom farms almost 5,000 acres near Monroe, where he grows cotton, corn, soybeans and wheat and operates a feeder pig business. He began farming in 1976 when he left a job selling agricultural pharmaceuticals. He converted his farm totally to no till between 1978 and 1983. He began cotton farming in 1991 and expanded to 3,200 acres in 1995.

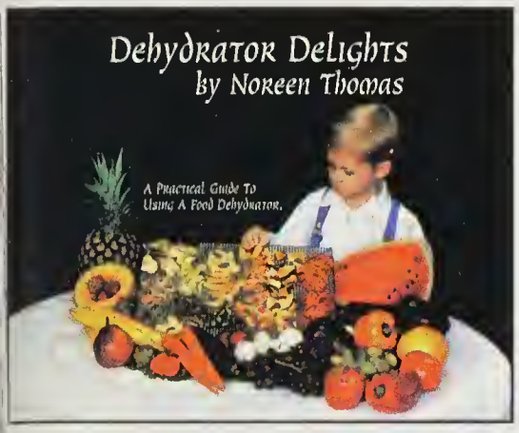
He heads a group that is building a new gin in the Monroe area and is involved with local organizations to educate the public about agriculture.

The Baucom farm's electrical power is delivered by Union Electric Membership Corporation.

3 books detail cemeteries of McDowell County

Appalachian Press, a newly organized small publisher, has released the third and final volume of "McDowell County, North Carolina Cemeteries." As a group, the books contain information about burial records for a mix of old and new, large and small, public and private cemeteries. Information was gathered during a three-year search. The books cost $25 each, plus $3.50 in shipping and, for North Carolina residents, $1.50 in sales tax. Other titles are also available from Appalachian Press, Rt. Box 796, Nebo, NC 28761. (704) 652-5377.

Dehydrated foods guide



A new guide to preparing dehydrated foods is available from a Minnesota nutritionist.

Noreen Thomas says that dehydrated fruits and vegetables are an economical and flavorful addition to a healthy diet.

Drying foods allows you to use fresh food and control the process (no additives, for example), and provides you with convenient and nutritious foods that are easily stored. A 4-quart plastic bucket, for example, can store the equivalent of 20 to 30 pounds of raw apples.

Thomas' 60-page, wire-bound book, "Dehydrator Delights" contains not only recipes, but also information on electric dehydrators, storage and nutrition. Copies cost $10.87 each, postpaid, from Doubting Thomas Publisher, P.O. Box 193, Georgetown, MN 56546. (800) 428-8309.

On-line services through UNC

State residents with access to a computer, modem and the Internet can reach a variety of network services free through the University of North Carolina at Chapel Hill.

"Taxpayers are paying for this information and deserve to have access to it," said Ridley Kessler, documents librarian at UNC-CH Academic Affairs Library.

Besides access to the university's library catalog, the services include the following:

GPO Access: federal documents published by the Government Printing Office, available the day of publication.

NCINFO: North Carolina state and local government information, including bills in the legislature, daily legislative summaries, county government activity, state statistics, and State library listings.

SunSITE: 20 gigabytes of information including all current presidential papers since Bill Clinton's candidacy, museum exhibits, patent information, N.C. Supreme Court archives, UNC's Southern Historical Collection, NATO archives and more.

For modems up to 14,400 bps, dial (919) 962-9911. For modems with higher bps, dial (919) 962-4808. For user services, dial (919) 962-5261.

"Green Building" conference and show

The first Southeastern Green Building Conference and Exhibition is scheduled for Nov. 13-15 in Research Triangle Park. Sponsored by the N.C. Commerce Departments' Division of Energy and the N.C. Recycling Association, the sessions cover such topics as energy and resource efficiency, low environmental impact, non-toxic materials, recycled materials, high indoor air quality, efficient water use and recyclability. Tours and exhibits have been arranged.

For information, call the N.C. Recycling Association at (919) 821-8444.

People peek out of pine knots

You may wonder how anyone sees a use for the knot of an old pine tree.

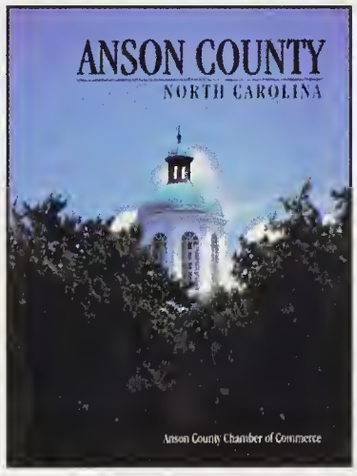
Phylis Parnell of Wadeville treasures those knots. She carves them into little characters.

Phylis muses on an old knot until a personality emerges, then she whittles at it. For each character she writes an accompanying story. She's brought to life 4-inch Henry who sang some embarrassing verses in church one Sunday to impress his grandmother. And there's Jay and Robin who run a day care center where they watch over birds.

The figurines collectively are called Aunt Kate's Originals, named for Phylis' mother. The enterprise is a family affair, too. Her brother, his wife, two nieces and a friend get involved. Once Phylis carves a figure, she ships it to a place that makes a mold and casts each into a crushed pecan shell resin, producing hundreds. The gang at Aunt Kate's Originals then paints personalities on each resin figure.

To add some to your family, contact Aunt Kate's Originals at P.O. Box 1455, Mt. Gilead, N.C. 27306. They also are for sale at Standard Drug in Troy and the Art Shop in Pee Dee.

All about Anson County



Anson County Chamber of Commerce has issued a new publication that describes the county. The 36-page, full-color publication features details about Anson County's educational facilities, history, outdoor opportunities, business climate, events, health care, homes and religion.

A free copy is available from Anson County Chamber of Commerce, P.O. Box 305, Wadesboro, NC 28170. (704) 694-4181.

Poetry wanted for 1996 book

A Mississippi-based publisher, Eileen P. Stratz, seeks general poetry for a book, "Reflections of Life," she expects to publish in winter 1996.

Writers may submit one or two original poems of 24 lines or less. The deadline is Dec. 31, 1995. Submissions will not be returned.

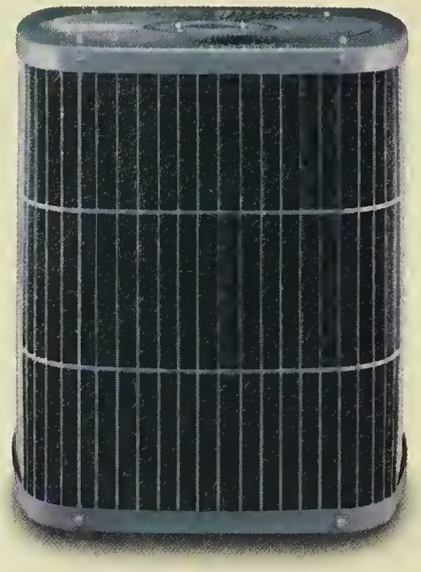
Entries may be sent to EPS Publishing, 19116 Tillman Road, Long Beach, MS 39560.

Working with green wood

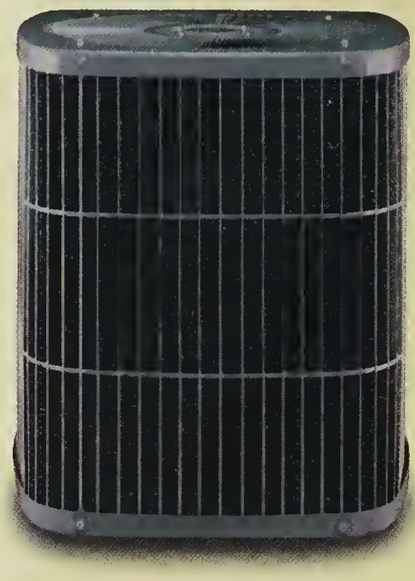
Lark Books, an Asheville-based publisher, has released a book about working with green wood.

"Green Woodworking: A Hands-on Approach" by Drew Langser, a director of a traditional woodworking school in western North Carolina, includes information about collecting wood, storing it and preparing it for use as part of a functional object. Instructions teach how to make bark containers, leaf rakes, garden hurdles, firewood carriers, spoons, stools, a drying kiln and a shaving horse.

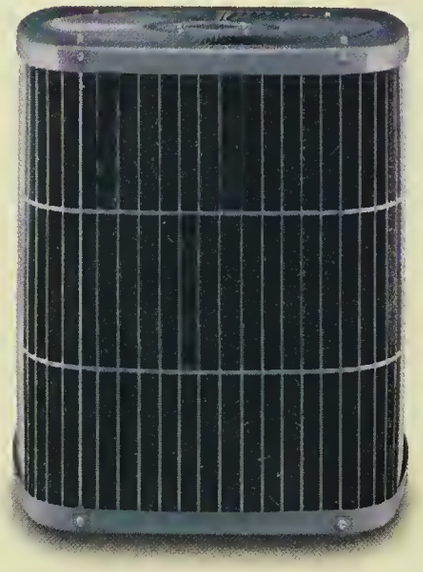
For more information, contact Altamont Press, 50 College St., Asheville, NC 28801. Phone (704) 253-0467.



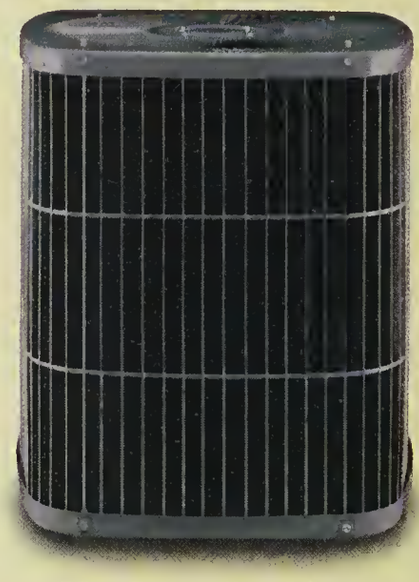
(Heat Pumps Heat)



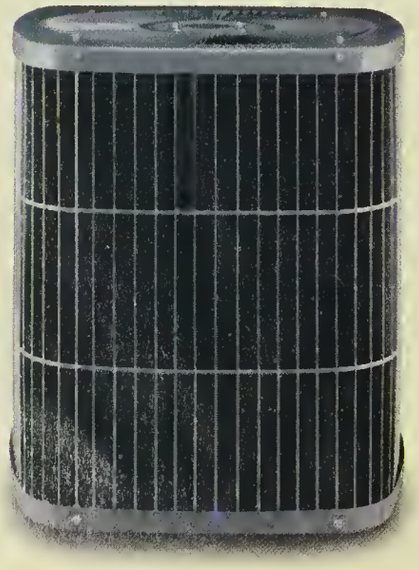
(Heat Pumps Cool)



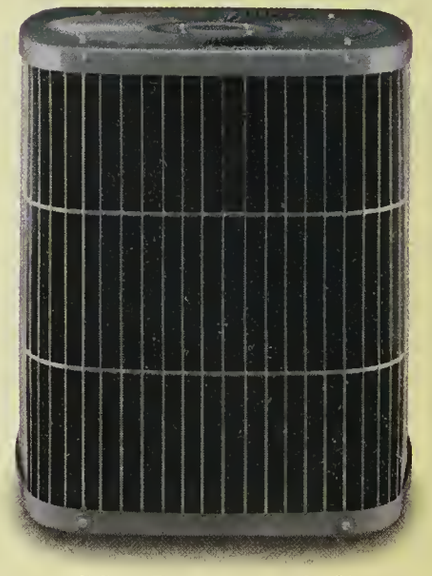
(Heat Pumps Are Efficient)



(Heat Pumps Save Money)



(Heat Pumps Are Clean)



(Heat Pumps Are Safe)

TRUTH IN ADVERTISING #5

YOU CAN ONLY SELL ONE THING AT A TIME.

ce we can only sell one thing at a , let's start with comfort – with even warm air temperatures, 's high efficiency electric heat ps are warmer than ever. And re just as good at keeping you cool e summer.

xt, savings – not only because they ess to buy, install and maintain, ou save even more with electric heat pumps because the price you pay for electricity is stable all year long.

To learn more, call us today. When you look at the comfort, savings and reliability of today's electric heat pumps, there are a lot of reasons to have one.

CAROLINA Electric Cooperatives℠

Energy To Get Things Done℠

Serving 1.6 Million Consumers in 95 North Carolina Counties.

Here, There and Everywhere

Special holiday listing.

Gingerbread Crafts
Nov. 2-4, Winston-Salem
14th gingerbread craft fair. Kitchen serving three meals daily, and each day a new selection of goods. At the Odd Fellows Lodge.

Fort Branch Battle
Nov. 3-5, Hamilton
10th annual reenactment in Martin County. Period music Friday night while settlers set camp. Saturday fashion show, tea & talk, 1860s dance. Reenactment 2 p.m. Sunday. (800) 776-8566 or (919) 792-6605.

Craft Show and Sale
Nov. 4, Lincolnton
Crafts, food and fellowship. 8:30 a.m.-2 p.m. at the Boger City Methodist Church. (704) 736-8461.

Arts and Crafts Festival
Nov. 5, Richlands
Featuring over 140 artisans and craftspeople. At the Onslow County Museum, 10 a.m. to 5 p.m. (910) 324-5008.

Davie Craft Corner
Nov. 9-11, Mocksville
26th annual craft village, benefits community projects. At the National Guard Armory.

Cape Fear Museum
Nov. 10, Wilmington
Exhibition opening of "Before Freedom Came: African American Life in the Antebellum South," which examines individual, family and community life of 19th-century African Americans. Through January. At 11 a.m. Steve Massengill, photograph historian, discusses research documenting N.C. photographers. (910) 341-4350.

Roanoke Arts and Crafts
Nov. 10-12, Bear Grass
14th annual Roanoke Arts and Crafts Guild Fair with items handmade in the Roanoke/Albemarle region. At the Deadwood Ghost Town. Friday 6-9, Saturday 9-9, Sunday 1-5. (919) 792-1539.

Holiday Arts and Crafts
Nov. 10-12, Statesville
More than 50 artists, craftsmen and organizations, plus home-cooked meals and snacks. Proceeds benefit Junior Service League. At the National Guard Armory. (704) 878-2688.

Veteran's Day Celebration
Nov. 11, Warsaw
The oldest, continuing Veteran's Day celebration in the U.S. Memorial services, military parade and displays, USO reception with WWII memorabilia and a USAF ACC Heritage of America Band concert. (910) 293-7804.

Storytelling Festival
Nov. 11, Wake Forest
Five storytellers plus Curious George and Maurice Sendak's "The Wild Thing." Kids' games. 11 a.m.- 3p.m. (919) 554-8498 or (919) 554-1972.

Chilly Chili Challenge
Nov. 11, Blowing Rock
High Country chili cookoff contest featuring arts, crafts, entertainment and free chili tasting. For local student scholarship fund. (704) 963-7848.

Craft Show and Sale
Nov. 11, Murfreesboro
Crafts and home-baked goods, 9 a.m. to 4 p.m. In the gymnasium of the Hertford County Middle School.

Holiday Food Sale
Nov. 11, Statesville
Frozen casseroles, main dishes, soups, sauces, breads and desserts — just heat and serve. For the Iredell Cancer Fund. At the Western Ave. Baptist Church from 8 a.m.

Tractor and Engine
Nov. 11, Charlotte
A show and swap with antique engines, cars and trucks, a farm zoo, corn grinding, a tractor pull, race and rodeo. $3. Camping available. At the Rocking K Ranch. (704) 399-9756.

Living History Encampment
Nov. 11-12, Kinston
Reenactors of Confederate naval and infantry troops set up a late-Civil War period military camp. Features demonstrations and leisure-time activities. (919) 522-2091.

Pigeon Show
Nov. 12, Winston-Salem
Hundreds of breeds at the Dixie Classic Fair Grounds. (704) 249-7563.

It's About Time
Nov. 13, Sedalia
Students and visitors are invited to the Charlotte Hawkins Brown Memorial to learn about N.C. history through first-hand experience , traditional crafts and lifestyles demonstrations. (910) 449-4846.

Pressed Flowers Workshop
Nov. 13, Edenton
Learn to harvest, press, arrange and frame flowers. Supply fee charged and reservations required. At the Iredell House. (919) 482-2637.

Christmas Fair
Nov. 17-19, Washington
Raffle, baked goods, homemade jellies, quilted and knitted items, ceramics, crafts and more. At the Mother of Mercy Catholic School. (919) 946-2941.

Southmont Craft Show
Nov. 18, Southmont
Handmade crafts, food and door prizes. At the Southmont Civic Center. (704) 798-3537.

Christmastown Express Parade
Nov. 18, Concord
The 150-unit parade is sponsored by the Concord-Cabarrus County Chamber of Commerce. (704) 782-4111

Native American Celebration
Nov. 18, Windsor
Celebrate Native American culture with eastern N.C. tribes. Music, dance, art crafts and exhibits. At Historic Hope Plantation, four miles west of Windsor. (919) 794-3140.

Seagrove Sunday
Nov. 19, Seagrove area
7th annual open house of over 3(
pottery shops. 10 to 5 p.m. List o
potters available at the shops. (910
873-9276 or (910) 464-5661.

Country Craft Fair
Nov. 25, Fremont
At the Gov. Charles B. Aycoc
Birthplace. (919) 242-5581.

Festival of Trees
Nov. 27 - Dec. 3, Asheville
Features 70 beautifully decorate
Christmas trees. Also, gift shops,
family carnival and refreshments. A
the Asheville Mall. For Mountain Are
Hospice. (704) 255-0231.

Waterfowl Watching Excursio
Nov. 29-30, Beaufort
A birding trip to Lake Mattamuske
and Pea Island National Wildli
Refuges. Call (919) 728-7317.

Revisit Christmas Past
Dec. 1-3, Statesville
Tree lighting ceremony, carole
Santa, carriage rides, the Holid
House at the Sharpe House, brea
fast with Santa and a holiday tour
homes. (704) 878-3436.

Arts and Craft Show
Dec. 2, Monroe
Over 20 craftsmen, plus door priz
food and pictures with Santa. At t
Central United Methodist Church H
9 a.m. to 2 p.m. (704) 289-502

Stallion Expo
Dec. 2-3, Asheville
At the WNL Agricultural Center fr
11 a.m. to midnight. (704) 5
3565.

Swan Days
Dec. 2-3, Swan Quarter
Open house at Mattamuskeet Lo
and National Wildlife Refuge. Lo
craft and food vendors, historical
plays and tours of the refuge.
reservations: (919) 926-4021.
other information: (800) 831-02

Special Olympics
Dec. 2-3, Greensboro
Chapter bowling tournament. (9
878-7978.

Craft Show
Dec. 2-3, Washington
Over 40 booths featuring hand-c
ed decorations and gift items. A
Civic Center. (919) 946-2504.

Continued on next p

Ongoing Christmas Specials

Blind Center Christmas Shop
Nov. 3 - Dec. 22, Washington
Weekdays from 9 a.m. to 4 p.m. Ceramic jewelry, napkin rings, note cards, baskets and a variety of works made by the blind and visually impaired. At the Blind Center of Beaufort County. (910) 946-6208.

Southern Christmas Show

Southern Christmas Show
Nov. 9-19, Charlotte
Whimsical shops, festive trees and lots of food. At the Charlotte Merchandise Mart. For local charities and the Charlotte Observer Empty Stocking Fund. (704) 376-6594.

Old Salem Christmas
Nov. 11-Dec. 31, Winston-Salem
Old-fashioned Christmas in decorated buildings, with lighted illuminations, Christmas pyramids and Lovefeast Candles. 30th annual Moravian Yuletide is Dec. 16, 1-7 p.m. Season tickets available. (910) 721-7300.

Egg House Christmas
Nov. 18-Dec. 17, Kernersville
Historic 1885 house with annual Victorian shoppe. Wreaths, ornaments, herbal items, gingerbread houses, collectible Santa and architectural antiques. 127 N. Cherry St. (910) 996-7562.

Holidays at Chinqua-Penn
Nov. 24- Dec. 31, Reidsville
Guided tours of the decorated 27-room mansion, strolls through the garden and music from the recently restored Skinner organ. $10, adults; $9, seniors; $5, youth. (910) 349-4576.

Christmas at Hope Plantation
Dec. 3-17, Windsor
Festivities in the decorated Hope Mansion. Clarinet and flute ensemble in the Bazemore House. Open house is Dec. 3, and tours continue through the 17th. Four miles west of Windsor on Hwy. 308. (919) 794-3140

Downtown Salisbury
Nov. 25- Dec. 23, Salisbury
Horse and carriage rides, pictures with Santa and a special mailbox for children to mail their letters to Santa through Dec. 23. (704) 637-7814.

Ongoing Exhibits

"Headlines: 150 Years of Hats"
Nov. 4-30, Southern Pines
An exhibit of 40 unique hat dolls by artist/designer Pete Ballard highlights the fashion styles from the 1770s to the 1920s. At the historic Shaw House. (910) 692-7811.

Swept Yards
Nov. 15 - Jan. 6, 1996, Durham
32 photographs of the Southern swept yard. At Duke Homestead. On Nov. 19, Alice Eley Jones will present a lecture on the exhibit and the history of swept yard. (704) 253-8304.

Sepphoris in Galilee
Nov. 17 - June 1, 1997, Raleigh
"Crosscurrents of Culture" exhibition focusing on the archaeological site of Sepphoris, once an important city in Roman Palestine. At the N.C. Museum of Art. Part of the Israel/North Carolina Cultural Exchange. (919) 833-1935.

"Glory Days"
Through January, Richlands
A nostalgic exploration of the history of teens in Onslow County from the early 1900s to the present. Photos, yearbooks, mementos and related artifacts from eight area high schools. Onslow County Museum. (910) 324-5008.

Continued from previous page

Robeson Festival of Trees
Dec. 3, Lumberton
Decorated Christmas trees and crafts for sale. Admission is $3, adults; $2, seniors; $2, children; under 12 admitted free. For Hospice of Robeson County. At the Southeastern Lifestyle Fitness Center. (910) 671-5577.

Christmas Tour of Homes
Dec. 3, West Jefferson
Decorated homes in the East Jefferson area and the Jefferson Landing Community, with refreshments served at the Manor House at Jefferson Landing. (910) 246-4483.

American Crafts Council Fair
Dec. 8-10, Charlotte
Functional and decorative art from furniture and pottery to glass sculptures and wearable art. Artists from across the country. At the Charlotte Convention Center. (704) 333-1218.

Deadlines

Deadlines for submitting notices to "Here, There and Everywhere."

January issue.....November 25
February issue.....December 25
March issue.....January 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

REDISCOVER THE FRONTIER SPIRIT!

The Original Log Cabin Homes

The Tennessee Mountain Model...

2,160 square feet of living area. *Beautifully* laid out for a *duel decks* off the upstairs master bedroom *and* down stairs off the kitchen! *Oh!* If the pioneers only had *a Log Home like this one*...

The *Original* Log Cabin Homes Ltd.

PO Drawer 1457 • 410 N. Pearl Street, Rocky Mount, NC 27802
919/977-7785 • FAX 919/985-2810 • 1-800-56-CABIN

YES! Please send me the New Color Edition of the Log Home Planning Guide with *FREE* Wood Species samples and a Homestead Planning Guide. Both books are $15.95 including Shipping.

V/MC/AE _____ Exp._____
Name _____
Address _____ City_____
State_____ Zip _____ Phone _____

Marketplace

How to Reach the Marketplace

Space is available for 1-inch and 2-inch display ads. The cost for advertising ranges from $179 to $349 per ad, depending upon the number of times an ad is published.

Carolina Country
PO Box 27306
Raleigh, NC 27611
1 (800) 662-8835, ext. 310

NURSERY STOCK & SEED

GROW HALF DOLLAR SIZE MUSCADINES & BLACKBERRIES.
FREE CATALOG.
200 varieties fruit, nut trees, vines & berries.
1-800-733-0324
ISON'S NURSERY, Brooks, Georgia 30205

BUILD A BETTER BUILDING
LARGE SAVINGS

- Easy to Assemb
- Quick Delive
- Built to L
- Straight Sid
- Trussl
- All St
- 20 Year Guarant

GUARANTEED LOWEST PRIC

20x24 VALUE $7,884.00 NOW $4,097
35x40 VALUE $12,734.00 NOW $6,661
40x44 VALUE $13,366.00 NOW $7,330
Straightwall Models. Freight included to NC, SC and VA
CALL NOW 1-800-474-52
PIONEER STEEL BUILDINGS - since 19

100% U.S. All Steel
COMMERCIAL • FARM • RESIDENTIAL
CALL US FOR PRICE & INFO
LIFETIME STEEL BUILDINGS
800-874-4312

Westfield artist Les Hunter has ready his limited edition 1995 Pilot Mountain Christmas ornament. The three-inch diameter piece is made of lead-free pewter and depicts Pilot Mountain in the center of a snowflake. Each ornament is signed, numbered and costs $9.95, postpaid, from

Les Hunter P.O. Box 29
Westfield, NC 27053 (910) 351-5049

Includes all material, erection, freight & sales tax
NO HIDDEN EXTRAS!

• Steel Frames • Clear Spans

42'x48'x12' $7,688.00
24'x36'x10' $3,898.00

Agri-Steel Structures
P.O. Box 1257 • Woodstock, GA 3018
1-800-359-8613

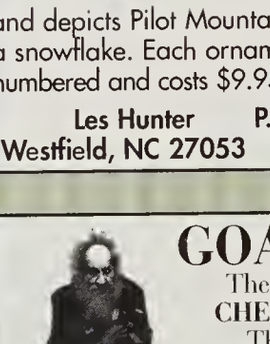
FREE CATALOG!

New Hearing Aids
•All Models • Huge Savings
•Try Before You Buy!
1-800-227-2113 (24HRS)
Write: BETTER HEARING
20212, 2nd St., Brookport, IL 62910

CHOIR ROBES
EXPERT TAILORING $26.95 UP

Finest Fabrics including Permanent Press and Wash & Wear. Superior Quality. Free Color Catalog and Fabric Swatches on Request. *Guaranteed Satisfaction.*
Toll Free 1-800-826-8612

REGENCY CAP & GOWN CO.
P.O. Box 8988-N
Jacksonville, Florida 32211



GOAT MAN
The life and times of CHES McCARTNEY
The story of one of America's last folk heroes is NOW ON VIDEO!
Send $29.95 plus $3.00 Shipping to:
GOAT MAN
P.O. Box 907GA
Zebulon, GA 30295
or Call 1-800-568-8348
VISA, M/C, C.O.D.
JCH Entertainment

Book now available only $24.95!

GOSPEL PIANISTS & ORGANISTS Exciting Boo & Cassette

"PLAY GOSPEL SONGS B EAR!" Shows how to play a chord any hymn you've ever heard-entirely by ear! Find t right starting note, add chor play in easy keys. Book $7.

Cassette gives more explanations & illustrate how songs sound. Includes *chord chart* show 84 chords. Cassette $7.95. Both $14.90 ppd. GUARANTEED! (Specify piano or organ).

DAVIDSON, 6727 C Metcalf, Shawnee Mission, KS 66

"FACTORY OVERSTOCK"

STEEL BLDGS.
FINANCING AVAILABLE

SAVE UP TO 45% • LOW MONTHLY PAYMENTS!
Buy factory Direct: 16 X 24 • 20 X 26
Build it yourself !!! 25 X 38 • 40 X 72
The Perfect Building For All Your Needs !!!
CALL TODAY 800-888-4606
SteelMaster
©1995 SteelMaster

AEC BUILDINGS

1-800-531-6575
• ALL SIZES •

For the Best Deal on Quality Steel!

40x60x12	$7,977
50x100x14	$13,842
60x100x 4	$15,873
100x150x16 w/column	$32,815

Mini Storage Units Also Available
All 26 gauge, 20-year roof and walls

POLE BUILDING

STANDARD BUILD
24 x 32 x 8 ..... $
24 x 40 x 8 ..... $
30 x 40 x 8 ..... $
32 x 64 x 10 ..... $
40 x 80 x 12 ..... $

LOFT BUILDINGS
24 x 32 x 8 ..... $ 9,550
24 x 40 x 8 ..... $11,100
30 x 40 x 8 ..... $13,800
32 x 64 x 8 ..... $19,100

All prices are erected

Allwood Structures
Asheville, NC
1-800-247-0241

DESIGNED, CONSTRUCTED AND WARRANTED BY

MORTON BUILDINGS

Call Your Local Design Representative

Lexington, NC	(704) 249-0490
Hendersonville, NC	(704) 687-7171
Wilson, NC	(919) 291-1300

Take a deep breath.

For someone with asthma or other serious lung disease, it's easier said than done. So help us help millions breathe easier.

AMERICAN LUNG ASSOCIATION.

1-800-LUNG-USA

CHURCH PEWS PADDED
by CAMPBELLS

PADDING YOUR OLD PEWS
FOR ABOUT ⅓
THE COST OF NEW PEWS
"Satisfied Customers Statewide"

- Quality Materials
- Expert Workmanship
- Written Guarantees
- Free Estimates

Call collect
(919) 772-5238
Raleigh, N.C.
Write 4612 Meadow Lake Drive
Apex, N.C. 27502

LYRIC CHOIR GOWNS

"Professionally tailored gowns of lasting beauty."

FREE catalog and fabric samples.

Since 1955...
LYRIC
CHOIR GOWN CO.
P.O. Box 16954-RP
Jacksonville, FL 32245
CALL TOLL FREE
1-800-847-7977

2 SEAT BIKE
Drives Like a Car!
Multi-speed
Street Legal
Easy to Pedal
1, 2 & 4 Seater
Cargo Carrier

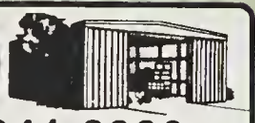
RHOADES CAR
Free Literature
(615) 822-2737 Ext. 8386

Animal lovers!
Home study prepares you for great jobs in animal care and veterinary assistance.
Free literature: 800-223-4542
Name _____ Age ____
Address _____ Phone ( ) ____
City/State _____ Zip _____
School of Animal Science, Dept. CCM453
PCDI, 6065 Roswell Road, Atlanta, GA 30328

America's Oldest & Largest
Rare Breed Hatchery
Free Color Catalog
Over 140 varieties Baby Chicks, Bantams, Turkeys, Game Birds, Peacocks, Waterfowl, Guineas, plus Books, Equipment, Eggs, Incubators & Medicine.
1-800-456-3280 (24 hours a day)
Murray McMurray Hatchery
C 130 Webster City Iowo 50595-0458

OUTDOOR CAREERS!
Home study. Train for a career in conservation, forestry, wildlife, parks, zoos, more.
FREE LITERATURE: 800-223-4542
Name _____ Age ____
Address _____ Phone ( )
City/State _____ Zip _____
The School of Conservation, Dept. NNM453
PCDI, 6065 Roswell Road, Atlanta, GA 30328

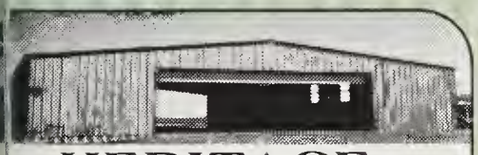
Arco



1-800-241-8339

30x40x10	$ 4,194
40x60x12	$ 7,947
50x75x10	$ 10,172
60x100x12	$ 15,750
60x75x12	$ 12,263
50x100x12	$ 13,186
100x100x12 w/column	$ 22,977
100x150x14 w/column	$ 34,981

We will match any deal with Quality Steel !
3300 Holcomb Bridge Rd., Suite 201
Norcross, Georgia 30092



HERITAGE
BUILDING SYSTEMS
800-643-5555
Summer Sale

) x 40 x 10	$4,459
) x 60 x 12	$7,212
) x 75 x 12	$10,236
) x 100 x 10	$13,981
) x 150 x 14	$25,888

nmercial steel buildings featuring easy bolt up embly from America's largest distributor. We have r 10,000 standard sizes of shop, farm, industrial, mercial and mini-warehouse buildings. All are plete with engineer stamped permit drawings, 20 r roof and wall rust warranty. Call us today for a information package and a quote on our top lity buildings or building component parts.

Mini Warehouse Sale
$9,999
x 120' with 24 units complete with partitions

Complete First Year Set Of...

SHORTEST U.S. DOLLAR SERIES SINCE 1795!

The Susan B. Anthony Dollar was issued only 3 years! The only other U.S. Dollar with a shorter life was the 1794-95 Flowing Hair Dollar — America's 1st Dollar!

This is *your* opportunity to get the complete First Year All-Mint Set of the historic 1979 Susan B. Anthony Dollar. One Uncirculated coin from each U.S. Mint—Philadelphia, San Francisco, Denver. Purchased individually these 3 coins would cost $11.50, but this offer saves you money. YOURS FOR ONLY $5 per set!

Ridiculed by the public as the "Carter Quarter" the mini-dollar is fast becoming a *prized collectible.* Hard to put together now, a First Year Set will get even harder. Clip the coupon below and send today! You'll also receive our free fully illustrated catalog, plus other offers on approval. Satisfaction guaranteed. DON'T DELAY! (Limit 4 sets.)

Littleton Coin Company, Dept. LZT232, Littleton, NH 03561
Celebrating Over 50 Years of Friendly Service to Collectors ©LCC

☐**YES!** Please send me the **First Year All-Mint Set of 1979 Susan B. Anthony Dollars** for **ONLY $5.00.**

_____How many ? *(Limit 4)*
$_____Total enclosed

Send coupon with payment to:

Littleton Coin Company
Dept. LZT232
Littleton, NH 03561

Mr./Mrs./Ms. _____
Address _____
City_____State____Zip_____

Full 45-Day Money Back Guarantee of Satisfaction

Hank's Gardening Guide

by Hank Smith

Remove dead plants and broken limbs of trees and shrubs.

This time of year you can prepare gardens for winter. It's important to remove dead plants and prune away broken limbs of trees and shrubs.

Plants prefer to be transplanted during dormancy. Now is a nearly ideal time for planting trees and shrubs. The soil is in good condition because of autumn rains or your faithful watering. New roots have time to develop before the dry weather of late spring.

Give plants a good soaking if rain has been scarce. The ground needs to be wet before freezing takes place. Lack of moisture causes drying of evergreen foliage and dropping of flowerbuds and fruit.

Consider the lilies

Now's an excellent time to plant lily bulbs. There are many types of lilies, with colors ranging from pure white through off-white and pastels, into deep reds, pinks, yellows, golds and oranges. Each variety is noted for good color and strong stems, making lilies excellent specimens for cut flowers.

Lilies require very good drainage. If the bed-to-be is heavy clay, leven soil with coarse sand (not beach sand), peat moss or leaf mold. Sandy soil should be improved with the same materials, eliminating coarse sand.

Dig 6- to 8-inch holes. If they are to be grown solely for cutting, make a trench. Place pebbles or coarse sand in the bottom of planting holes or trench. This will improve drainage during heavy rains. Cover pebbles or sand with a bit of soil. Place the bulb on the soil and fill the hole. Water well to settle soil around the bulb. It is helpful to soak bulbs in water for about 30 minutes before planting so roots can take up moisture.

During summer, lilies appreciate a mulch to keep roots cool. They can be under planted with impatiens, petunias, low-growing marigolds or ageratum.

How to harvest pecans

As pecans begin to ripen and nuts fall from husks, don't allow them to remain on the ground during autumn rains. Quality is better if nuts are picked up before they become waterlogged. It's wise to set aside a few minutes each day to harvest fallen pecans.

At their peak, when most pecans are ripe and falling, "thrash" your trees for a heavy harvest. To do this, tie a rope to a builder's brick by slipping the rope through one of the mortar holes and secure it well. Throw brick over a branch and let the brick fall to the ground. Pull on both ends of the rope and shake the limb vigorously to dislodge pecans.

Pruning transplants

Newly transplanted evergreens will better overcome the shock of digging and moving if top growth is lightly pruned. Cutting away some of the top growth will help compensate for inevitable damage done to the root system.

When pruning, try to improve the plant's shape. This may entail light side pruning. Remove weak stems and twigs and any suckers that may be present.

Cultivate the vegetable plot

Spade or till your vegetable garden during November. Let it lie fallow over winter. Don't smooth soil down after cultivating; instead, let it remain rough for maximum exposure. Winter freezes will kill many insects and their larvae in the soil.

Exposure to winter weather gets soil in good tilth for spring planting.

Prepare for winter planting indoors

A box of potting soil prepared now is useful in starting winter houseplants. Mix together one part garden loam, one part well-decayed peat moss or compost, and one part coarse sand. Sift this mixture through fine screen wire for good lump-free texture.

By having soil prepared in advance, you're ready to pot bulbs such as calla lily and amaryllis that are readily available in seed catalogs and at garden centers during winter months. And you'll find good selections of foliage and flowering plants adapted to indoor culture. Several of these grouped into a planter will add spice to winter-weary rooms.

Classifieds

usiness Opportunities

SEMBLE PRODUCTS and crafts at home! Good eekly income! Free information. Self-addressed mped envelope to: PCJOCO, Box 5104, lispell, MT 59903.

EE PACKAGE. Need an extra $200-$5000+/Mo.? t call number below and leave your address. /FT No Selling! 704-739-8275.

BT FREE! The Newsletter with up-to-date debt luction strategies. Earn $500 or more per nth. For a free copy write: Newsletter, Route 6, x 543, Lynhill Lane, Boone, NC 28607.

afts and Collectibles

OID HOLIDAY CROWDS! Discounted Fine elry or Christmas Collection Catalog, Free! Call 00-730-7317.

od & Cooking

RE MAPLE SYRUP! Enjoy "The Real Taste of v England." Handmade on our family farm, it's ther Nature's best treat, and makes a perfect . Free brochure available. 413-628-3268. South e Farm, Watson Road, Ashfield, MA 01330.

LASSIC COOKBOOK - Pass the Plate 900+ pes, 516 pages. Beautiful pen and ink sketches. d check for $21.95 to PO 836, Dept. C, New n, NC 28563 (includes tax, shipping & han- g).

Sale

IDING BELTS - 3x21 99¢ each, 4x36 $2.25, 2 $1.25 - Others available. RS Wholesale, PO 653, Randleman, NC 27317 910-495-1386.

t Ideas

UTIFUL GIFT 1996 Mountain Meditations tographic/devotional calendar $7.00 postpaid. antity discounts). Medcor, Montreat, NC 57.

urance

ITARY RETIREES Champus Supplement, will the 25% allowed plus 100% of all excess ges. Brochure 1-800-627-2824 Ext. 490.

ORDABLE HEALTH INSURANCE. Call Today nformation. John Janson 800-775-0664.

cellaneous

TRAINING SINCE 1974 All breeds. Weller els, New Bern, NC 28560. 919-636-5225.

WEST HIGHLAND White Terrier Puppies: t with Children. $250. 910-764-3426.

ERAL AUCTIONEERS - 30 Years Experience Estate, Antiques, Equipment Farm & Other, Estate Auctions. Call Rogers Realty and ion Company, Inc., PO Box 729, Mount Airy, 7030. Phone 1-800-442-7906 for Informational age on Company.

KEY RIDGE WEDDING CHAPEL - Everything need for a romantic wedding/honeymoon in mokey Mt.'s, Gatlinburg/Pigeon Forge, TN No blood test/no waiting. #1-800-551-3372. iful setting/lasting memories.

House Brothers
ALL STEEL HOMES™

COMPLETE PACKAGE
Red Iron Framing, Steel
Roof & Siding, Insulation
Windows & Doors
$16,982
1,485 SQ.FT.
800-278-0888

Professional Services

GUARD AGAINST CRIME: How to Protect Your Home From Intruders! Send $4.00 for your copy to JM Security Services, PO Box 1318, Sparta, NC 28675.

Wanted

OWNER FINANCED Mortgage/Trust Notes Cash Paid Now Heritage 1-800-843-2790.

CAROLINA COUNTRY CLASSIFIEDS

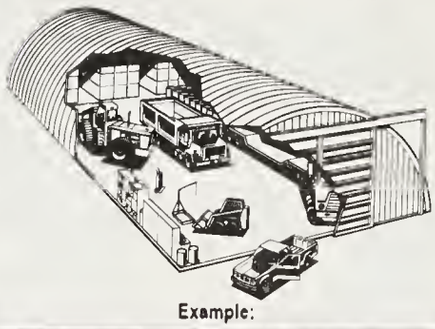
$2 per word ($20 minimum per ad), prepaid. Maximum 75 words. Limit two ads per month per advertiser. Published on a space-available basis. Deadline is 5 weeks before publication. For information: Jennifer Hoey, (919) 713-1307. Send payment and message to

Carolina Country Classifieds
P.O. Box 27306, Raleigh, NC 27611

ALL STEEL BUILDINGS

SPECIAL LIMITED OFFER
Buy direct from the Manufacturer and
SAVE UP TO 50%

CLEAR SPAN INTERIOR - 100% USEABLE SPACE
NO HEAVY EQUIPMENT NEEDED TO ERECT



Example:
40 x 60 – $14,123 Value
NOW ONLY $7,080

- Some other sizes available
- Immediate delivery or reserve NOW for Fall '95 delivery & SAVE

CALL 1-800-222-7885

Miracle Span® Steel Buildings

CARC

Matt, Jeanie, George, Peter & Andy Douglass

Help Other People and Earn $4000 Per Month From Your Home With A Computer!

This is a family-owned business offered to other families. George, Jeanie and their three sons have built a $35,000,000 business (together) helping other people. They will teach you how to earn up to $4,000 or more each month from your home with a computer by performing services for your community. You can start part time and retain the security of your present position. You do not need to own or know how to run a computer – they provide complete training. If you purchase their software and training material you will receive a 486 computer, color monitor and printer at no extra cost. If you already own a computer, they will give you a discount. Financing available. George & Jeanie have developed timely strategies that when followed can mean immediate success. They have recorded their secrets on two cassette tapes which they will send to you FREE.

Learn how other families are building lifetime incomes!

To receive free cassettes and color literature, call toll-free:

1-800-343-8014, ext. 1662

Or Write: COMPUTER BUSINESS SERVICES, INC., CBSI PLAZA STE. 1662, SHERIDAN, INDIANA 46069

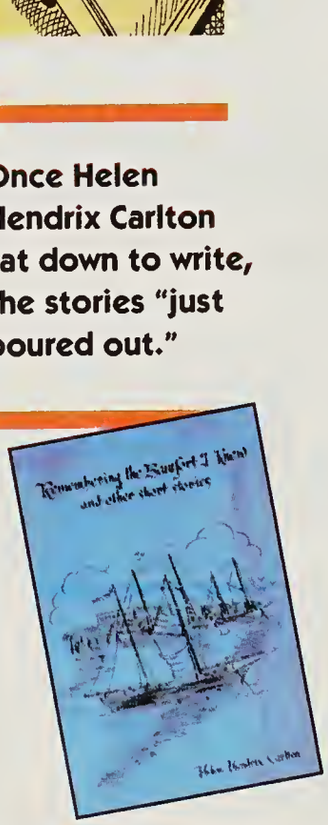
MasterCard VISA DISCOVER AMERICAN EXPRESS

Journal

by Owen Bishop

Author began writing to avoid "stagnation"

Once Helen Hendrix Carlton sat down to write, the stories "just poured out."



Helen Hendrix Carlton never expected to expand her resume when she started her latest project about three years ago. She says she was simply trying to avoid "stagnation" in retirement.

Her lengthy resume already listed these labels: speech and voice teacher, high school principal, social worker, homemaker, mother, grandmother and great grandmother. Now that she's completed her project at the age of 84, she can add yet another: author.

Mrs. Carlton, a China Grove native who grew up in Beaufort, drew on her many memories of the coastal community to produce her first book, "Remembering the Beaufort I Knew and other short stories." She has already sold more than 1,000 copies of the self-published volume, and she's now filling orders from a second printing.

The book began when she decided to heed the advice she'd been getting for years from her husband and their friends. They insisted that she was such an entertaining story teller she ought to put some of her tales on paper.

"I just took up a piece of paper and a pen, and just started writing," she said. "I wasn't thinking anything. It just kinda popped out."

When she finished that first story, she was unable to check it for errors because of her limited vision. Acute glaucoma had reduced the vision in her right eye in 1969, and complications from cataract surgery a few years ago had left her blind in the left eye.

She asked her husband to read the story, and he "got so tickled 'til he could hardly finish," she said. He told her to get busy writing more stories. She did just that, "and then I could not stop. It just poured out."

Some of her stories focus on her relationship with her husband of 62 years, W.C. Carlton, who served for 23 years as manager of Carteret-Craven Electric Cooperative, Morehead City, retiring in 1973. Throughout his tenure at the co-op, he often worked as a rural electrification advisor in developing countries on assignments set up by the National Rural Electric Cooperative Association. The organization presented him with its top service award in 1976, citing him for his "outstanding leadership" in the cooperative movement.

Through the years, Mrs. Carlton supported her husband's work with rural electrification — accompanying him on his each of his trips abroad. She also actively participated in many co-op programs. The back cover of her book features a photo of the author as she addressed an audience at a regional co-op meeting.

Her husband is now strongly supporting her endeavors as a writer, clearly taking great pride in her appearances at book-signings in the Charlotte area.

After she'd written several stories, he read them aloud to other residents of Plantation Estates, the Matthews retirement community where the couple has lived since 1991.

The stories proved to be so popular, Mr. Carlton encouraged his wife to write more and have them published as a book. The softcover book was produced by the Delmar Company in Charlotte, with illustrations by C. Walton Hamilton, a Beaufort native who now lives at the retirement complex.

To order the book by mail, send $15 per copy including tax and shipping charges. The author will autograph the book on request. Send orders to Mrs. W.C. Carlton, 733 Plantation Estates, Apt. C-102, Matthews, NC 28105. For more information, you can call her at (704) 847-9504.

Helen Hendrix Carlton learned to drive when she was 12 years old, but she wasn't prepared for the challenge of teaching her dentist-father how to drive his first car. Here's how she recalls the experience in "That's My Dad":

My dad bought the car although he couldn't drive. He called me from his office and told me what he had done, and wanted me to teach him to drive. The next day I brought the car home and Daddy and I drove out to the farm which was on a dirt road and a perfect place to give him his first lesson. He just had a fit over the car and after a few minutes said: "Shucks, Baby, there's nothing to it," and wanted to drive back into town but I wouldn't let him...

The next day I heard a crash out in the yard. There was my dad backing or trying to back out of the driveway. Poor Mr.

Wheatley's trellis lay on the ground ar Daddy was still backing out to the stree I screamed for him to stop, but off he wer lurching down the street toward the bu ness section. I went running uptown, whi was only three blocks away, to see if were all right. What a sight I saw! Dad had tried to drive into a parking spac Instead of stepping on the brake, he h stepped on the gas, and had lurched acr the sidewalk through the plate glass wi dow of Mr. Potter's store and land against the marble soda fountain.

Mr. Potter went running out and sa "Dr. Hendrix, you have ruined my stor

"Don't worry, " Daddy said. "I'll ha the whole thing fixed. But I never had much fun in my life!"

That's my dad. The accidents nev ceased.

We've Got Mobile Home Owners Covered.

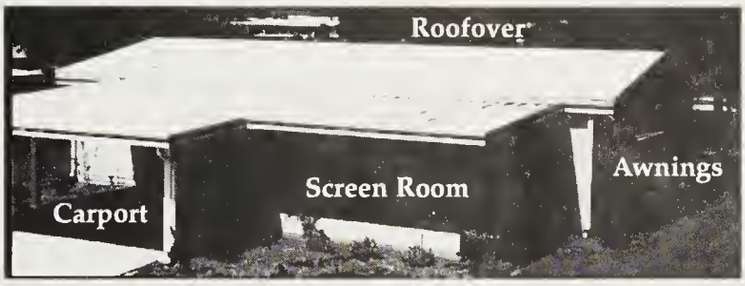
Royal Home Improvement customers know what a new Royal Roofover means.

No More:
- Leaky roof
- Recoating your roof
- High energy bills
- Roof rumble

Instead You'll Have:
- Permanent roof
- Tripleseal protection
- Lower energy bills
- 25 year warranty
- Added value of home
- No more roof rumble
- All aluminum roof
- 100% financing
- Free estimates
- Shop at home service
- Single or double wide

Southeast's Largest Royal Roofover Dealer

FREE
8 x 10 Patio Cover
with installed roofover
A $400 value
(prior sales excluded)



Royal
Home Improvements, Inc.
Serving the entire Southeast

(800) 462-8039
100% Financing • Free Estimates
Shop at Home Service

Member Group Major Medical Plan

A Comprehensive Plan At Affordable Rates

Now With High Deductible Options To Save You Money!
Choose From A Range Of Deductible Options: $500 to $5,000

As a rural electric consumer, you may purchase comprehesive, affordable group health insurance.

- ✔ **Up to $1,000,000 in lifetime benefits**
- ✔ **Coverage for hospital, surgical, physician, prescription drugs, medications, and miscellaneous medical expenses**
- ✔ **Spouse/Child coverage**
- ✔ **Competitive group rates**
- ✔ **Choice of two plans**
- ✔ **30-day Risk-Free Guarantee**

ACT NOW! THERE IS A PLAN FOR EVERY BUDGET.

To receive a personalized quote through the mail, call our toll free number or fill out the request form. No agent will ever call or visit.

Ask about our Group Term Life protection — up to $100,000 life insurance for yourself, spouse and children.

This plan is sponsored by the National Rural Electric Cooperative Association (NRECA), a non-profit association, located in Arlington, Virginia.

Plan is underwritten by United States Life Insurance Company.
A **USLIFE** COMPANY

Call 1-800-543-9213 ext. 95 for more information, 9:00 AM to 5:00 PM Central Time, Monday through Friday.

Member Group Major Medical Plan

PLEASE PRINT

❑ **YES!** Mail me no obligation information. I understand no agent will visit or call.

Name

Address

City State Zip

Preferred Deductibles ❑ $500 ❑ $1,000 ❑ $1,500 ❑ $2,000 ❑ $5,000

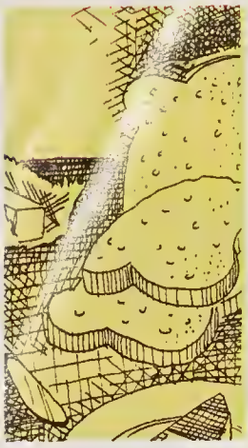
( ) Phone County

❑ Male ❑ Female Date of birth ___/___/___

Name of rural electric cooperative

❑ **Please send information on the RE Member Group Term Life Plan**
Send to: RE Group Insurance Plans, 600 Princeton Parkway, Kentland, Indiana 47951

Country Kitchen



Nice and warm.

PUMPKIN-DATE BREAD

Submitted by Jan Leatherman, Lenoir

4 beaten eggs
3 cups sugar
1 can (16-ounce) pumpkin
1 cup cooking oil
⅓ cup water
½ teaspoon vanilla
3½ cups all-purpose flour
1½ teaspoons ground cinnamon
1 teaspoon salt
1 teaspoon baking soda
1 package (8-ounce) pitted dates, snipped
1½ cups chopped pecans or walnuts

Combine eggs and sugar in a large mixing bowl. Stir in pumpkin, oil, water and vanilla until blended. Stir together flour, cinnamon, salt, and baking soda. Add to pumpkin mixture, stirring until just combined. Fold in dates and nuts. Pour mixture into 4 greased 7 x 3 x 2-inch baking pans or 2 greased 9 x 5 x 3-inch baking pans. Bake in a 350-degree oven about 55 minutes for smaller loaves; about 65 minutes for larger loaves or until toothpick comes out clean. Cool bread 10 minutes on wire racks, loosen sides; remove from pans. Cool completely on wire rack. Wrap and store overnight before slicing. (Makes 4 small or 2 large loaves.)

Want to share recipes?

If you would like to share a recipe with Country Kitchen, send it to Recipes, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

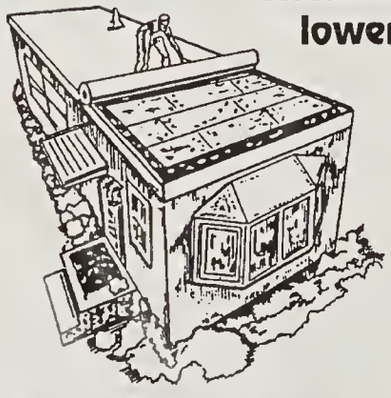
We pay $5 for recipes we publish and present each monthly winner a set of 50 recipe cards featuring a reprint of the published recipe.

As Seen On TV

The Insulated Mobile Home Roofing System

As Seen On TV

Thermal Tech, the affordable roof system that lowers power bills in winter and summer.



Decide for Yourself

Old Metal Roof	vs.	New Thermal Tech
☐ Expensive heat escapes thru the roof		☐ Thick insulation retains heat in your home
☐ Condensation forms in the attic		☐ No attic condensation
☐ Attic condensation freezes there and in walls		☐ No condensation forms
☐ Furnace or heaters usually run all day and night		☐ Heat source runs only as needed
☐ Leaks let water ruin ceiling, walls and floors		☐ No leaks
☐ Seal, paint, repair every year		☐ Maintenance-free and guaranteed lifetime warranty
☐ Rumbles in winter wind		☐ Quiet in the worst storms
☐ Deteriorates annually		☐ Adds to the value of your home

$100 Rebate

Call today for a FREE Roof Inspection and Estimate

THERMAL TECH ROOFING
1-800-849-5715

INSTANT WINDBREAK...

is what they call AUSTREES!!

2 year old windbreak

USE AUSTREES FOR:

- ★ Privacy Screens
- ★ Dust and Noise Barriers
- ★ Shade Trees
- ★ Hedges and Windbreaks
- ★ Wildlife Habitat
- ★ Erosion Control
- ★ General Landscaping

he Austrees I bought are amazing! I used them to separate two feed lots and they are already four to five feet ll in just 2 months!" • Norman T., McCook, Nebraska

.I am so happy with my trees. I planted them Mother's Day and they are nearly eight feet in just 70 days!!" • Trish R., Colorado Springs, Colorado

'e purchased 120 for our golf course and have not lost a single tree. The trees are over 7 feet in just 3 months." • The Barn Golf Course, North Ogden, Utah

'e are extremely happy with your trees...you can't believe how many people ask us about this wonderful tree. an't wait to plant more!!" • Kelly S., Whitesboro, Texas

the trees are growing faster than you can believe. If I wasn't seeing it for myself, I wouldn't believe it." • J. R. D., Lakin, Kansas

your Austrees have survived several winters of 35 degrees below zero and are doing great." • Glen S., Center, Colorado

y 6 foot Austrees have grown to the height of 12 feet in 2 months. I'm thoroughly pleased with my trees." • Richard P., Carrizozo, New Mexico

10 month old rain barrier

CAN GROW UP TO 15 FEET A YEAR!

14 month old shade tree

CALL NOW FOR FALL SAVINGS!

For a FREE 8 page Color Brochure ca l

1-800-293-5230

Only Available From

Rocky Mountain Austree, In .

P.O. Box 9307 • Colorado Springs, CO • 8 32

Fall Prices End November 30

Over 2 Million Thriving in Every US State and Canada • Very Hardy and Disease Resistant

"Electric" Train Sets

only **$5**

Full 1-year money-back guarantee

BONUS OFFER
Farmland Set—
only $3 Extra
(See coupon

Includes barn, stone walls, fences, wind mill, horses cows, sheep, chickens, pigs, geese, rabbits, goat, farmer wife, daughter. 50 pieces in all!

As part of a nationwide publicity campaign, a multi-million dollar New York firm will give away its fantastic set of battery-operated electric trains—the nationally advertised TRANS-AMERICAN GOLDEN EAGLE FLYER™—for the astonishing price of only $5 each to the first 10,000 who respond.*

Each set includes an independently battery-powered, turn-of-the-century style locomotive—pulling a coal tender, boxcar and caboose. Also included are 8 sections of modular tracks and a dual-position lever-switch that shunts the entire train from track to track and from curve to straightaway.

Easy finger action. Able to run continuously from noon to midnight (a full 12 hours) on just one ordinary alkaline "AA" flashlight battery *(not included)*. For ages 3 and up.

SORRY—we reserve right to limit 6 sets per address at this price. Allow up to 6-8 weeks for shipment. Full one year money-back guarantee excluding shipping and handling charges. *We reserve right to extend time and quantity guarantee. **Hurry!**

☐ Yes, send (how many)_____
"GOLDEN EAGLE" Electric Train Set(s) for only $5 each. (R44300)

SPECIAL BONUS Farmland Set—Over 50 pieces, only $3 per set (how many)_____ (R46620)

Add $2.75 shipping and handling.
In NY add sales tax. Tax $ _____.
Total enclosed $ _____.
Make check to RBM Ltd. Or charge
☐ VISA ☐ MASTERCARD ☐ DISCOVER
(Enter all 13 to 16 card numbers below)

Card #_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Exp date (Mo)_____(Yr)_____

Mr/Mrs
Miss/Ms.....

Address.....

City/State/Zip .....

**MAIL TO: RBM Ltd., Train Set, Dept. 723-133
Box 256, Jericho, NY 11753**

©1995 RBM Ltd., 1200 Shames Drive, Westbury, NY 11590 P1